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HOSTAGE DRAMA ENDS PEACEFULLY, PGS 8, 13

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Celebrity pg 35

Kate bids adieu to her 20's

Retailers seek fee regulation

CHARGES Canadian retailers are heading to Ottawa this week to lobby the government to regulate the service charges levied on them by debit and credit card companies. And they are going armed with a warning — that if fees remain unchecked, the impact will be significant on the pocketbook of the average Canadian.

Credit card companies collected $4.5 billion in fees in 2008, while debit card fees, calculated differently, accounted for about $415 million in 2007. Associations representing the retailers and credit and debit card companies will be in Ottawa tomorrow and Thursday. THE CANADIAN PRESS

Local pg 6

McDonald's heats up coffee wars

EARTH DAY: APRIL 22

GoGreen

In honour of Earth Day tomorrow, Metro is providing you with ways you can go green and lessen your environmental footprint.

TODAY

LOCAL. More needs to be done to clean up Ontario's rivers and lakes, report says. Page 4.

HEALTH. Tips to achieving an eco-friendly sex life. Page 28.

ENTERTAINMENT. How the music industry is going green. Page 29.

TOMORROW

GOING GREEN. Metro marks Earth Day with its special Green issue.

MOVIES. We have a review of the Disney film Earth.

In honour of Earth Day, Metro Toronto will be published on recycled paper every day this week.

PAWEL DWULIT/TORSTAR NEWS SERVICE

Hold on

A man walks with a broken umbrella yesterday on Sheppard Avenue near Yonge Street. Rain and wind made for a lousy day to be outside yesterday. Today's forecast also calls for more rain.

Not so sweet Tweets?

Is Twitter making us mean?

Prof. Tim Blackmore has learned not to get upset at the messages his students send him.

"They sound like they're going to burn your door down," says Blackmore, who teaches media studies at the University of Western Ontario.

"They send messages that are both lazy and in the imperative — 'Hey, u didn't tell me what was wrong with my paper.'

"You think, that's some crust. But then they come into your office and they are crying. They are nice people. But their messages are surface, not about depth. They need to step back and get some context."

Is instant messaging, texting and twittering making us mean?

This was the question swirling in the wake of a study that showed the brain needs eight seconds to register social pain or virtue and produce emotions of empathy, compassion or admiration.

Physical pain, on the other hand, says USC researcher Mary Helen Immordino-Yang, is recognized much quicker, almost instantly.

While the study — released yesterday by the National Academy of Sciences in its Online Early Edition — did not look directly at instant messaging, Immordino-Yang says a link to the study's findings on delayed emotional reactions "is a very intriguing possibility." TORSTAR NEWS SERVICE

Homer says D'oh

- The Internet bristles with Twitter posts reducing great works to small tweets, including one for Homer's Odyssey that ends, "Back home! Who r all these random dudes?"

Follow Metro on Twitter for news updates and more: @metrotoronto

Metro garners newspaper of the year honours

Metro International SA has been named "Newspaper of the Year" at the Festival of Media Awards in Valencia, Spain.

The awards celebrate innovation and creativity and are widely recognized as the largest celebration of media in the industry. Metro International won this prestigious title over internationally acclaimed publications including the Financial Times, the Wall Street Journal and The New York Times.

"Metro has been dedicated to inventing new and creative formats for advertisers for the past decade, and on behalf of all our amazing staff I'm very, very proud to have been given this honour," said CEO Per Mikael Jensen. "It proves that even with the highest editorial standards, which Metro prides itself on, you can produce exceptionally efficient advertising that can compete — and beat — any other formats, on TV, radio or online."

"Metro has been dedicated to inventing new and creative formats for advertisers for the past decade."
Metro CEO Per Mikael Jensen

The award, which is a new category this year, celebrates newspapers' heritage and honours the balance of "publishers and editors working in harmony."

"Having been in the media industry for more than 20 years, I can clearly say that in no other media company exists with such a dedication for finding strong advertising and at the same time respecting editorial standards," Jensen said. "In fact, most of the best solutions in Metro are created because all departments work together to define the best for readers and advertisers. I believe this is also one of the reasons that, even in these tough times, we are taking market share from our colleagues in the print media world."

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

WHAT'S NEW ON THE GO?

STARTING SATURDAY, APRIL 25, 2009, THERE WILL BE CHANGES TO SOME GO TRAIN AND BUS SERVICES.

01–LAKESHORE WEST GO TRAIN & BUS

The weekday eastbound 3:08 p.m. train from Aldershot will now depart at 3:18. Times will be later at all stops along the route including arrival at Union and on connecting bus trips.

The weekday westbound 8:43 a.m. train from Union will now depart at 8:46. Times will be a little later at all stops along the route including arrival at Aldershot and on connecting bus trips.

Sunday and holiday bus trips from Aldershot to McMaster University will be suspended for the spring and summer.

09–LAKESHORE EAST GO TRAIN & BUS

The weekday westbound 7:46 a.m. train from Oshawa will now depart at 7:55. Times will be later at all stops along the route including arrival at Union and on connecting bus trips.

The weekday westbound 8:18 a.m. train from Pickering will now depart at 8:25. Times will be later at all stops along the route including arrival at Union.

The weekday eastbound 5:03 p.m. train from Union will now depart at 5:05 and also stop at Danforth at 5:16 and Scarborough at 5:22 p.m. Times will be a little later at all other stops along the route including arrival at Pickering.

19–OAKVILLE HWY. 403 GO BUS

Two new eastbound trips, plus minor updates to better reflect typical travel times.

20–MILTON-BRONTE GO BUS

Some time changes to connect with the adjusted Lakeshore West GO Train service.

21–MILTON GO BUS

New weekday and weekend trips, plus changes to some existing trips.

27–MILTON HWY. 401 GO BUS

The weekday westbound 9:15 a.m. trip from Finch GO Bus Terminal will now also stop at the Meadowvale Business Park at 10:00. Times will be a little later at all stops along the route including arrival in Milton.

29–UNIVERSITY OF GUELPH GO BUS

We're making minor updates to the weekday schedule to better reflect typical travel times. Sunday and holiday trips between Guelph and Cooksville GO Station will be suspended for the spring and summer.

31–GEORGETOWN GO BUS

New weekday and weekend trips. The Friday trips from the University of Guelph will be suspended for the spring and summer.

HWY. 407 WEST & EAST GO BUSES

A new weekday trip departs Meadowvale GO Station at 6:05 a.m., serves Bramalea GO Station at 6:22 and arrives at York University at 6:45 a.m.

Some trips will be suspended for the spring and summer so be sure to check the new schedules.

50–U OF T SCARBOROUGH/CENTENNIAL COLLEGE GO BUS

Service will be suspended for the spring and summer starting May 2.

60–WONDERLAND GO BUS

Seasonal service resumes on May 3.

62–NEWMARKET "B" GO BUS

We're making minor updates to this schedule to better reflect typical travel times.

65–BARRIE-BRADFORD GO BUS

There will be eight new weekend trips between the Newmarket and Union Station GO Bus Terminals.

66–NEWMARKET HWY. 400 GO BUS

We're making minor updates to this schedule to better reflect typical travel times.

71–STOUFFVILLE GO BUS

New weekday and weekend trips plus changes to some existing trips.

81–PORT PERRY GO BUS

Some time changes to connect with the adjusted Lakeshore East GO Train service.

93–DURHAM COLLEGE-UOIT GO BUS

Service will be suspended for the summer.

GO BY BIKE

As of April 25, all GO Buses will have bike racks.

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Man in hospital with stab wounds after swarming

A 25-year-old man is in hospital after being swarmed by several people and stabbed in the buttocks yesterday afternoon, outside a CIBC branch at Bathurst Street and Finch Avenue, police said. The victim received several stab wounds. TORSTAR NEWS SERVICE

Local

Court to hear Fantino's appeal

Ontario's top court has agreed to hear the province's top cop argue an adjudicator is biased against him. Two previous court decisions have gone against provincial police Commissioner Julian Fantino. He wants retired judge Leonard Montgomery thrown off a disciplinary case against two senior officers. No dates have been set, but the court did direct the appeal to be expedited. THE CANADIAN PRESS

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Tomorrow's Metro

Greener vehicle

Metro Drive marks Earth Day by taking a look at the latest version of Toyota Prius.

metronews.ca

What's online today.

Your Money Allan Small on how to best take advantage of a market that continues to defy expectations at **metronews.ca/investing**

Video Hostages freed from a CanJet flight in Jamaica recount their experience at **metronews.ca/canada**

Blogs Hollywood Rants with movie titles that got lost in translation, and Kenya Hunt takes note of the latest person to embrace Michael Jackson fashion: Michael Jackson

Lotteries

Ontario Pick 3: 1 7 8; Ontario Pick 4 : 4 0 6 5
Encore: 2652016
Daily Keno: 5, 8, 10, 16, 20, 21, 27, 29, 30, 36, 38, 40, 41, 44, 47, 51, 53, 55, 56, 58.
These results are not official.

News in brief

SCHOOL Parents at a small, well-regarded Toronto elementary school are pleading with the public board to keep their children there until high school, rather than sending them to a nearby middle school in one of the city's most at-risk communities. Joyce Public School, near Dufferin Street and Lawrence Avenue East is in a struggling neighbourhood itself — with a large number of immigrants adjusting to life in a new country. TORSTAR NEWS SERVICE

Queen's Park feels the heat

Critics blast government for failing to protect Conquest travellers

Angry Canadians are returning from ruined vacations to questions about the role the Ontario government should have played in warning travellers about Conquest Vacation's impending demise and whether Ottawa did enough to help those who were stranded.

Ontario's New Democrats are placing the blame squarely on the provincial government, saying it oversaw the "absolute failure" of its regulatory body to protect travellers.

"TICO knew that travellers were at risk. The government had an obligation to warn those customers"
New Democrat Peter Kormos

The Travel Industry Council of Canada "knew almost half a year ago that Conquest Vacations had a cash-flow problem," New Democrat Peter Kormos said yesterday.

"TICO knew that travellers were at risk," Kormos said. "The government had an obligation to warn those customers."

The travel council has said it's trying to help Canadians who have been told they must pay for their hotel rooms after Conquest closed its doors last week because of economic problems, leaving many of its customers in the lurch.

But delayed compensation means little to travellers like Kristina Trollip of Waterdown, Ont. The 36-year-old is angry that her family had to shell out close to $10,000 for a vacation that has traumatized her seven-year-old son. Trollip said her family was forced to pay close to $4,000 to leave to hotel — in addition to the $3,600 she had already paid for herself, her husband and two young children, and the $2,800 paid by her in-laws, who were with her.

Ontario Consumer Services Minister Harinder Takhar defended the travel council, saying it had been trying to help Conquest deal with its finances and that the regulator couldn't just divulge information that could have led to a shutdown of the company. THE CANADIAN PRESS

Stratton pleads guilty to sex abuse

TRIAL He took them to McDonald's and Canada's Wonderland. He gave them marijuana to smoke. He earned a reputation for being "cool" because he bought them alcohol and cigarettes.

Over 14 years, Michael Ross Stratton befriended the daughters of acquaintances, friends and visitors to his Whitby home, then sexually abused them.

His video camera was never far away.

Yesterday, with his legs in chains and long, wavy hair in a ponytail, Stratton, 41, pleaded guilty to 13 counts of sexual abuse and child pornography. The details of his crimes involving nine victims, aged about 6 to 17, were read from an agreed statement of facts in Whitby court.

Stratton's youngest victim, believed to be about 6 in the videotape of her abuse in 2001, still has not been identified.

The assaults happened between 1992 and 2006. TORSTAR NEWS SERVICE

Videos

- Sixty videotapes seized by police after Michael Ross Stratton's arrest in June 2006 contained 25 hours of sexual abuse. Police also found more than 2,000 images of child pornography on his computer.

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Jaynel White holds a photo of her father as she takes a look at one of the new posters that is part of a campaign aimed at persuading young people to sign up as organ donors.

Donor week kicks off with push for youth to 'recycle' their organs

CAMPAIGN Jaynel White was at the microphone for only a few seconds before her tears started flowing.

The 18-year-old University of Toronto student was participating in a news conference yesterday to mark the start of National Organ and Tissue Donation Awareness Week and was speaking about her father. He died while on the waiting list for a new heart and made the selfless decision during that anxious time to donate his own organs should he not make it.

"It was three years ago on March 16 that my dad passed away. It was also three years ago that he also helped save the lives of up to 15 people," White said.

1,700

The number of people on the waiting list for transplants in Ontario. Every three days, someone in the province dies while waiting for an organ or tissue.

The young woman's appearance at the news conference was part of an effort to raise the issue of organ donation among young people. The initiative features a $1-million advertising campaign aimed at 15- to 24-year-olds and includes a new website, RecycleMe.org, which contains videos of people talking about how organ donation touched their lives. White is one of them.

Dave White was 41 when he became ill in November 2005. He needed a new heart and was on the waiting list for three months before he died. He told relatives he wanted to be a donor if he did not get a heart in time. He donated his lungs, pancreas, kidney, liver and eyes.

"Demand for organ transplantation continues to be a major concern for Ontarians," Health Minister David Caplan told the news conference. "Organ donation in Ontario and Canada has not kept pace with the need for organs." TORSTAR NEWS SERVICE

Bill aims to protect workers

LEGISLATION More than three years after Windsor nurse Lori Dupont was stabbed to death by her former boyfriend while at work, the Ontario government introduced legislation that it said would better protect workers.

While nurses applauded the bill for bringing attention to the issue, the New Democrats complained the legislation deals mainly with violence at work, not harassment.

The bill would force employers to prepare policies on workplace violence and harassment, and require them to take "reasonable precautions" to protect employees from domestic violence that may occur at work, said Labour Minister Peter Fonseca.

The Progressive Conservatives said the bill did not include penalties for employers who fail to protect workers. THE CANADIAN PRESS

Police seek 2 men for sexual assault

SUSPECTS Police are looking for two men who sexually assaulted a woman Saturday. The woman was walking in the Yonge Street and Glebe Road area around 1 a.m. when she was grabbed from behind and forced into a vehicle.

Both suspects are described as white. One is skinny with short, dark hair; the other tan with black curly hair and bushy eyebrows. TORSTAR NEWS SERVICE

Shotgun seized from apartment

A 17-year-old faces seven firearms charges after police seized a sawed-off shotgun in Scarborough yesterday morning. The gun was seized after the Guns and Gangs Task Force executed a search warrant at an apartment on Kingston Road. **TORSTAR NEWS SERVICE**

Canadians drink more: StatsCan

TASTES Canadians drank more booze in the last fiscal year, but their tastes were getting more sophisticated. Beer and liquor stores and agencies sold $18.8 billion worth of alcoholic beverages during the year ending March 31, 4.3 per cent more than in the previous year.

Statistics Canada says Canadians spent more on imported spirits, wine and beer compared with domestic products.

Nunavut, New Brunswick and Saskatchewan reported the largest increases.

Beer stores and agencies sold $8.6 billion worth of beer, up 2.4 per cent from the previous year. Ontario, Alberta and British Columbia were the largest contributors to this growth.

Beer remained by far the most popular alcoholic beverage in terms of both volume and dollar value, although its market share declined. **THE CANADIAN PRESS**

RICK MADONIK/TORSTAR NEWS SERVICE

Justin Rosete and Erica Mach credit their collaboration and their suburban upbringing for their winning concept of an urban bicycle rack.

OCAD duo rack up design win

STUDENTS In a world he describes as "over designed," one of Justin Rosete's own designs is about to be recognized by tens of thousands in the city of Toronto.

The 19-year-old second-year industrial design student at the Ontario College of Art and Design collaborated with second-year painting and drawing student Erica Mach to create the winning bike rack in a competition open to all OCAD students.

Their design — a row of four diagonal cherry wood columns more than three metres high — will be installed outside a mixed-use building at Queen and McCaul streets once construction is finished.

Mayor David Miller was on hand for Friday's announcement of the Gateway Bike Stand Competition. **TORSTAR NEWS SERVICE**

Not enough, says water quality study

Don River still a hot spot

EARTH DAY: APRIL 22
Go Green

Ontario must keep a watchful eye on new chemicals that are turning up in its lakes, rivers and streams and do more to clean up its contaminated waters, a new government report warned yesterday.

The study, which focused on water quality in the environment, said government efforts have helped to reduce pollution in some areas, such as Lake Simcoe, where phosphorus levels have declined.

"Things in some areas are getting better, but we need to do more," said Wolfgang Schneider, a scientist with the Environment Ministry's water monitoring branch.

> **"Things in some areas are getting better, but we need to do more."**
> Scientist Wolfgang Schneider

The province must also remain vigilant in monitoring new chemicals used in consumer and building products, such as polybrominated diphenyl ethers or PBDEs, which have been found in "increasing concentrations in the environment," the report noted.

In some cases, these so-called "emerging" contaminants — which include pharmaceutical drugs, flame retardants and other compounds that are found in furniture and electronics — are replacing traditional pollutants, Schneider said.

The contaminants seem to be leaking in from storm-water sewers and landfills, but more work must be done to figure out where they're coming from, he said.

The study also found Hamilton Harbour on Lake Ontario and Toronto's Don River are still contamination hot spots in the province, even though cleanup efforts are underway. **THE CANADIAN PRESS**

CAW chief appears to soften stand on Chrysler concessions

TALKS The head of the Canadian Auto Workers union says he doesn't want to speculate on what the union will give up in negotiations with Chrysler, which are underway again after a three-week break.

Ken Lewenza has previously insisted his union will stick to the pattern established in a deal with General Motors last month, but he seemed to soften his stance yesterday.

"I don't want to speculate at this particular time," Lewenza said when asked whether he would refuse to bend from pattern bargaining. "Things are shifting enormously, especially with our UAW colleagues in the U.S."

Ken Lewenza

Chrysler has insisted the company needs to reduce labour costs by $19 an hour to be competitive with non-unionized assembly plants in Canada. **THE CANADIAN PRESS**

On April 30th, three of Toronto's top radio stations will be handing their mics over to a bunch of kids.

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News in brief

PENSION A coalition of labour and seniors' organizations called on the Ontario and federal governments yesterday to protect pensions in the face of the economic crisis. The coalition was formed after Premier Dalton McGuinty said the province's pension guarantee fund isn't even close to enough to cover workers if a large company like General Motors were to go out of business.

TOW Questions are being raised about a Toronto police towing contract after the owner of the company who won it was charged with fraud and forging documents to win the deal. John Long, owner of Downtown Towing and Storage, was charged April 9 with two counts of uttering forged documents and one count of fraud over $5,000. **METRO NEWS SERVICES**

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Toronto student succumbs to injuries from fire

David LaForest, 19, from Toronto has died after sustaining severe burns in a fire at his Wilfrid Laurier University residence last week. The varsity rugby player and economics major died Sunday night at a Hamilton hospital. TORSTAR NEWS SERVICE

Teen seeks custody of siblings

COURT A Mississauga teen will celebrate his 19th birthday this week without his brothers as legal wrangling continues over his request to see his 12- and 14-year-old siblings in a divorce case gone out of control.

Lawyers in the complex case — one of the most controversial cases of parental alienation to be dealt with by the courts — have been urged by a judge to "clear the decks" so the teen's legal request can be "treated with urgency."

The case will be back before Justice Steven Clark of the Ontario Court of Justice April 30. The teen was recently granted standing by Clark, the first step in seeking custody of his brothers, who have been in foster care since last December. He wants to raise his brothers in his father's bare-bones apartment, but has said he will move out if necessary and sue both parents for support, even though his father has not worked in years. TORSTAR NEWS SERVICE

Brewing up business

McDonald's offering free morning coffee next two weeks

If you haven't tried McDonald's coffee in recent years, John Betts is hoping you'll give it another shot.

In a bold move that promises to heat up the morning coffee wars, McDonald's is offering customers a free morning coffee every day for the next two weeks — a savings of about $1.22, including tax, on a 10-ounce cup.

That might not sound like much.

But with Canadians drinking 36 million fewer cups of coffee in the last 12 months, the battle for a larger share of a declining coffee market is heating up.

"Our coffee sales are up so far this year," said Betts, president of McDonald's Restaurants of Canada. "We sold four million more cups of coffee in the first quarter."

That represents a double-digit increase over the previous year, a spokesperson said later, a considerable gain at someone's expense as the overall market declined.

Sipping on a premium roast Arabica coffee — a notch above the watery brew McDonald's used to sell before switching to Mother Parkers as its supplier — Betts says he's hoping the freebie will prompt even more consumers to give the brew a try.

The promotion is clearly aimed at turning up the heat on market share leader Tim Hortons Inc., Perry Caicco, a financial analyst with CIBC World Markets, wrote in a note to clients.

Given that 60 per cent of Tim Hortons' sales occur in the morning, and more than 50 per cent of those are coffee, the rival giveaway could hurt its performance this quarter, Caicco cautioned investors.

TORSTAR NEWS SERVICE

ANDREW WALLACE/TORSTAR NEWS SERVICE

John Betts, president of McDonald's Restaurants of Canada, poses with a coffee yesterday at the launch of a promotional event.

Cup of joe

Take-out coffee costs in Toronto for a 10-ounce cup:

- Tim Hortons — $1.28 including tax.
- McDonald's — $1.22 including tax.
- Starbucks — 8-ounce for $1.54 including tax.
- Second Cup — Smallest size is 12 ounces: $1.68 incl tax.
- Country Style — $1.33 including tax.

Testing beefed up: Maple Leaf CEO

COMMITTEE Better scrutiny of test results showing an increased presence of harmful bacteria at a Toronto meat processing plant would have prevented a nationwide outbreak linked to 21 deaths, says the head of Maple Leaf Foods.

Michael McCain

"What we didn't do then, and what we do now, is apply sophisticated investigative and pattern recognition science to analyze test results to better determine root cause," Maple Leaf Foods CEO and president Michael McCain told MPs at a parliamentary agriculture committee yesterday.

The MPs have formed a subcommittee on food safety to study how a strain of Listeria monocytogenes linked to ready-to-eat meats produced at the Maple Leaf facility on Bartor Road played a role in 21 deaths and an unknown number of illnesses across the country last August.

TORSTAR NEWS SERVICE

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Police shoot aggressive dogs

Ottawa police shot and killed two dogs Sunday after officers say the animals became threatening. Police were called by people concerned about aggressive behaviour of two large dogs on the loose. Two officers found the dogs at about 12:50 p.m. and one of the dogs tried to attack and bite one of the officers. THE CANADIAN PRESS

Canada

EI top concern for NDP

NDP Leader Jack Layton says the House of Commons should spend the next couple of months focusing on employment insurance reforms and other matters — not electioneering. Layton told The Canadian Press that his party will spend the next 10 weeks working on improving jobless benefits and pensions. THE CANADIAN PRESS

No flood prevention for reserves

FLOOD Manitoba's top aboriginal leader says First Nations are being ignored by the federal and provincial governments even though they are bearing the brunt of the rising Red River.

Ron Evans said many towns are surrounded by permanent dikes and Winnipeg is protected by a floodway that diverts water around the city. But aboriginal reserves don't have any kind of protection despite flooding every year.

"It seems like there is very little attention given to the First Nations, either by the prime minister or the premier or minister of Indian Affairs," Evans said yesterday. "They should make some effort ... to help the First Nations deal with the flooding issue."

THE CANADIAN PRESS

'Proud' of crew

Six crew members of a Canadian airliner who were taken hostage yesterday at an airport in Jamaica are being praised for how they handled the situation.

Kent Woodside, vice-president and general manager of Halifax-based CanJet, said the airline's staff is trained to deal with hijackings and the fact everyone got off the Boeing 737 unharmed shows training worked.

"I'm just so proud how they dealt with it all," he told a news conference.

He says the airline will work with officials in Jamaica to determine how the man, described as having "mental issues," was able to storm the aircraft armed with a gun.

The hostage taking began overnight at Sangster International Airport and ended eight hours later when members of a Jamaican counterterrorism squad descended on the aircraft cabin and disarmed the gunman without any injuries.

In all, 182 people — 174 passengers and eight crew members — were scheduled to be on board, the airline said. Two crew members were released along with the passengers, who apparently exchanged their freedom for cash.

CanJet did not say which six crew remained on the aircraft throughout the ordeal. THE CANADIAN PRESS

MORE COVERAGE, PAGE 13

ANDREW VAUGHAN/THE CANADIAN PRESS

Kent Woodside, CanJet Airlines vice-president and general manager, arrives yesterday at a news conference in Halifax.

Charity ride for Tori

ABDUCTION The family of missing eight-year-old Victoria Stafford is planning a charity motorcycle ride to raise money and keep the case in the public eye.

At a news conference yesterday in Woodstock, the girl's mother, Tara McDonald, pleaded for the safe return of her daughter, who has been missing for almost two weeks.

McDonald's aunt, Linda Jacklin, says "Tori's Ride Home" will be held May 2 to raise money for "mental help" from psychiatrists and psychologists and to create a trust fund for Tori and her brother, Daryn.

McDonald says she hopes Tori will be returned by the time the ride takes place so it will be a celebration of her return.

Tori Stafford

She says Tori's disappearance has been difficult on Daryn, 10. McDonald said Sunday night was the first time he had slept in his room since Tori went missing, and he came downstairs crying because he could see his sister's empty room. THE CANADIAN PRESS

News in brief

DRUGS A critic of the pharmaceutical industry says Health Canada puts too much emphasis on speeding up drug approvals and too little on safety once they hit the market.

DO NOT CALL The CRTC says phone numbers on its do-not-call registry will now be off-limits to telemarketers for five years instead of three.

THE CANADIAN PRESS

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Holidays

ORLANDO FAMILY HOLIDAY $199*
Best Western Lakeside + taxes & fees $227
INCLUDES roundtrip airfare and 5 nights 3-star accom near *Walt Disney World* Resort. Departs May 2/ggv/ts.

Niagara Falls Weekend $179
Sheraton on the Falls taxes & fees included
INCLUDES 3 nights 4-star accom just one-minute from breathtaking Niagara Falls. Departs May 8/ggv. **ADD** Great Gorge Adventure pass to enjoy the four most popular sights at Niagara Falls from $115.

P.E.I. Fly & Drive $259
+ taxes & fees $188
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New Orleans Weekend $559
Holiday Inn French Quarter + taxes & fees $119
INCLUDES roundtrip airfare and 3 nights 3-star accom in the heart of the French Quarter. Departs Fridays in June/ggv/aa. **UPGRADE** to 4-star accom from $20 per night.

Napa Valley Fly & Drive $569
+ taxes & fees $115
INCLUDES roundtrip airfare into San Francisco, 7-day car rental with unlimited mileage and Napa Valley Wine Country Explorer pass. Select departures in May/ggv. **UPGRADE** to convertible car from $15 per day.

New Zealand Holidays

Auckland & Rotorua Starter Package $659
taxes & fees included
INCLUDES 8-day compact car rental with unlimited kms, 4 nights 3-star central accom in Auckland at the President Hotel, 2-day Auckland city hop-on hop-off tour, 3 nights 4-star accom in Rotorua at the Novotel Lakeside and entry to Waitomo Glowworm and Aranui Caves. **ADD** roundtrip airfare with Air New Zealand from $1298 (taxes $367). Daily departures in May/ggv.

Coastal Explorer Self Drive $1289
taxes & fees included
INCLUDES 8-day intermediate car rental, 7 nights accom, Milford Sound Red Boat cruise and sightseeing & admission fees on this self-drive tour. **HIGHLIGHTS** Aoraki-Mount Cook National Park, Royal Albatross Colony, Queenstown, World Heritage Fiordland National Park & Franz Josef Glacier. **ADD** roundtrip airfare with Air New Zealand from $1348 (taxes $367). Departs daily/ggv.

New Zealand 13-Day Tour $1499
Grand Adventurer taxes & fees included
INCLUDES all accom, transportation, some meals, tour leader and local guides on this 13-day group tour. **HIGHLIGHTS** Waitomo, Rotorua, Lake Taupo, Wellington, Fox Glacier, Queenstown Lake Tekapo & much more. **ADD** airfare with Air New Zealand from $1423 (taxes $368). Various departures in May/ctk.

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Sun Holidays

VARADERO 4-STAR $545
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INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs May 18/swg/wg.

Puerto Vallarta 4-Star $567
Royal Decameron Complex + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs May 7/nol/c6.

Punta Cana 4-Star $697
VIK Hotel Arena Blanca + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs May 17/nol/c6.

Hawai'i Honolulu $849
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INCLUDES roundtrip airfare and 7 nights 3-star accom in famous Waikiki. Departs Jun 3/wsv/ws.

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STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: . . . . . .one capsule per day

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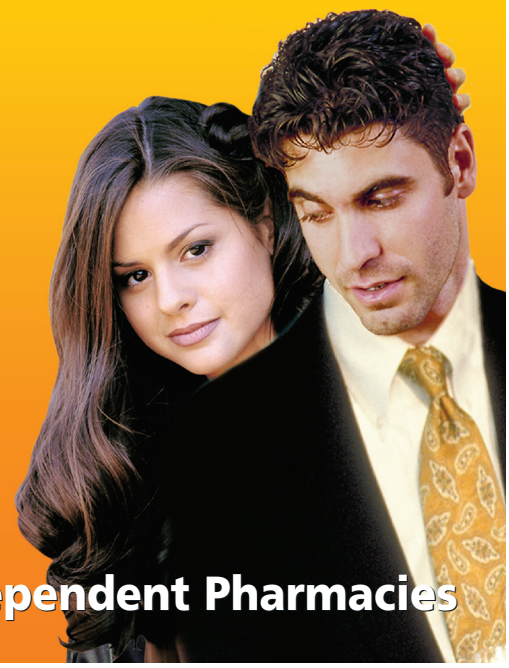

Available at Health Food stores and Independent Pharmacies

Chocolate barbs?

Police in North Bay, Ont., are trying to determine how a couple of safety pins wound up inside a fundraising chocolate bar. A woman pricked her tongue on a rusty safety pin when she bit into a Hershey Almond chocolate bar bought at a downtown store. THE CANADIAN PRESS

Parliament Hill **Pot protest**

TRACEY TONG/METRO OTTAWA

A Gatineau resident who identified himself as 'Mike', smokes an oversized joint on Parliament Hill in Ottawa yesterday during the annual 4:20 celebration. Thousands of revellers and marijuana activists gathered to light up at exactly 4:20 p.m, fighting for the decriminalization of marijuana.

Charter violation?

Female ski jumpers take case to courts

Female ski jumpers say the start of their case against the 2010 Olympics yesterday marks a historic moment in sport.

Fifteen women are suing organizers claiming their Charter rights are being violated because male jumpers are allowed to compete in the Games and they aren't.

Deedee Corradini, the former mayor of Salt Lake City who is also a spokesperson for the women, said yesterday she's confident in the case and is grateful for the Canadian public's support.

Corradini said a victory would embolden the cause of female athletes in the Olympics because there are far fewer events for them than for men.

"This may finally bring us to some kind of parity and equality in the Olympics for the first time in history," she said.

> **"This may finally bring us to some kind of parity and equality in the Olympics for the first time in history."**
> Deedee Corradini

While on the surface the case may be a clear one of discrimination, less is clear about whether the local organizing committee, known as VANOC, is subject to the Canadian Charter of Rights and Freedoms.

Prior cases have determined that in order for a non-government agency to be covered by the Charter, it must be proven that the government has regular and routine control over the organizing.

The women point to government funding VANOC receives, the presence of government-appointed members of the committee's board and the promises the government has made for helping stage the Games.

VANOC lawyers argue the committee is not under government control and that the choice of what sports are in the Games isn't VANOC's to make but belongs to the International Olympic Committee.

THE CANADIAN PRESS

News in brief

CRIME It's now up to Canada's top court to decide whether Kelly Ellard should face a fourth trial or stand convicted of murder in the vicious killing of B.C. teenager Reena Virk. All nine Supreme Court of Canada judges heard arguments in the case yesterday and reserved judgment. A ruling is not likely to be decided for several months.

B.C. NDP Leader Carole James says her candidates have been warned that if they've got offensive Facebook pages, someone will use it to embarrass them. THE CANADIAN PRESS

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Hike auto scrap incentive: CADA

CARS The country's car dealers say the federal government should beef up its program to get old clunkers off the road and encourage new auto sales.

The Canadian Automobile Dealers Association says a government program that pays $300 to people who scrap an old vehicle should be sweetened to $3,000.

Association president Richard Gauthier says the present $300 payment does little to encourage people to get rid of their vehicles.

A German program pays about $3,000 to those who scrap old cars, and February sales of new autos in Germany were up 21 per cent, he says.

"Clearly, they're doing something right," he says.

SEAN KILPATRICK/THE CANADIAN PRESS

Rick Gauthier, president and CEO of of the Canadian Automobile Dealers Association listens to questions during a press conference on Parliament Hill yesterday. CADA is making a call for a national vehicle scrapping program.

The association, which represents 3,500 dealers handling all brands of cars and trucks, says a richer scrapping program would also pay environmental benefits as older, more polluting vehicles are junked.

February sales in Canada were down 28 per cent from a year earlier.

THE CANADIAN PRESS

Bus driver commits suicide

HALIFAX The flag outside the Metro Transit office was at half-mast yesterday.

It was one of many expressions of grief for Dann Little, a Metro Transit bus driver who became briefly famous only to tragically take his own life this past weekend.

Last month Little became somewhat of a news celebrity when he clubbed a fake seal prop used by sealing protestors on Spring Garden Road. Little apologized and initially got a suspension for the incident.

But last Friday Little learned he had been fired due to the seal incident and two workplace complaints. The next day he hung himself at his family home in Middle Sackville.

"My husband was a great person, a wonderful father and he would do anything for anybody," Andrea Little told TV reporters yesterday.

Little's family said he was afraid to tell his employer he was on anti-depressants, and was undergoing tests for a blocked artery leading to his brain. They said he was saving sick days in case an operation was needed.

Metro Transit issued a brief statement yesterday saying they extend their sympathies to Little's friends and coworkers, but wouldn't comment further out of respect to the family.

PAUL MCLEOD/METRO HALIFAX

Schreiber letter accidentally filed

INQUIRY A federal official says a key letter from Karlheinz Schreiber should have been forwarded to Prime Minister Stephen Harper's office two years ago.

Brian Mulroney

Donald Smith, an official in the Privy Council Office, told a public inquiry an analyst filed it in March 2007. The letter outlined business dealings with former prime minister Brian Mulroney, including a deal to promote a project to build German-designed armoured vehicles. THE CANADIAN PRESS

Pirate war games launched

Navies from Canada, the United States and nine other countries are launching two weeks of war exercises off Florida's coast. The war games will also include training in combatting piracy and drug smuggling. THE ASSOCIATED PRESS

World

Stephen Hawking rushed to hospital

Famed mathematician Stephen Hawking, left, was rushed to a hospital yesterday and was seriously ill, Cambridge University said. The university said Hawking has been fighting a chest infection for several weeks, and was being treated at Addenbrooke's Hospital in Cambridge, the university city northeast of London. Hawking is now resting comfortablely but was being kept in hospital overnight. THE ASSOCIATED PRESS

No need to change NAFTA: U.S.

POLITICS There's no need to reopen the North American Free Trade Agreement to address concerns once raised by U.S. President Barack Obama, the top U.S. trade representative said yesterday.

"The president has said we will look at all of our options, but I think they can be addressed without having to reopen the agreement," Ronald Kirk said in a conference call after returning from the Summit of the Americas in Trinidad.

The United States, Canada and Mexico are seeking "opportunities to strengthen the deal," Kirk said, but it won't be necessary to open the deal and rewrite it.

THE CANADIAN PRESS

Nervous

- Both Canada and Mexico were alarmed last year when Obama, while campaigning for president, told voters that he would renegotiate NAFTA as labour unions in manufacturing states accused the trade pact of killing American jobs.

Ahmadinejad 'the odd man out'

Iranian president's Israeli comments cause mass walkout at UN conference

Iranian President Mahmoud Ahmadinejad accused Israel of being the "most cruel and racist regime," sparking a walkout yesterday by angry western diplomats at a United Nations racism conference.

Ahmadinejad's appearance overshadowed the substance of the week long UN attempt to stamp out intolerance worldwide. Canada and eight other countries are boycotting the event.

Protesters dressed with clown wigs and holding placards repeatedly interrupted Ahmadinejad's speech with shouts of "Shame! shame!" and "Racist! racist!" throwing soft red objects on the podium. Later, about 100 members of mainly pro-Israel and Jewish groups blocked Ahmadinejad's entrance to a scheduled news conference.

UN Secretary General Ban Ki-moon condemned Ahmadinejad for his tirade.

Ban said the Iranian leader used his speech "to accuse, divide and even incite," directly opposing the aim of the meeting.

LAURENT GILLIERON/THE ASSOCIATED PRESS

European Union delegates leave the assembly room during the speech of Iranian President Mahmoud Ahmadinejad, top, during the opening of the Durban Review Conference at the European headquarters of the United Nations in Geneva, Switzerland, yesterday.

The boycotting countries expressed concern that Muslim countries would drown out many issues with calls for a denunciation of Israel and a global ban on criticizing aspects of the Islamic faith.

"As soon as he started to address the question of the Jewish people and Israel, we had no reason to stay in the room," said French Ambassador Jean-Baptiste Mattei.

Speaking directly after Ahmadinejad, Norway's foreign minister said the Iranian leader's comments "run counter to the very spirit of dignity of the conference."

Ahmadinejad "has made Iran the odd man out," Jonas Gahr Store said.

Even before his speech, Ahmadinejad polarized the meeting, which is intended to examine all forms of intolerance around the world.

Israel recalled its ambassador to Switzerland early yesterday to protest Swiss President Hans-Rudolf Merz's meeting with Ahmadinejad late Sunday during which Merz pressed the case of a jailed American journalist in Tehran.

THE ASSOCIATED PRESS

Israel's response

- Israeli Prime Minister Benjamin Netanyahu is pledging that there will be no second Holocaust against the Jewish people.

Netanyahu spoke at the opening ceremony of Israel's annual memorial day for the six million Jews who were killed by the Nazis of Germany and their collaborators during the Second World War. Netanyahu criticized the United Nations anti-racism conference now in session in Geneva as an anti-Israel event.

He also blasted the president of Switzerland for meeting Iranian President Mahmoud Ahmadinejad, whom Netanyahu called a Holocaust denier who wants to perpetrate another massacre of Jews.

Paraguay's president to face 2nd paternity suit

CHILD Another woman came forward yesterday asking Paraguay's President Fernando Lugo to recognize her six-year-old son, becoming the second woman this month to make a paternity claim against the former Catholic bishop.

Benigna Leguizamon, 27, told four separate Paraguayan media outlets that Lugo had fathered her son while he was bishop in the diocese of San Pedro, where he led parishioners until 2004. Lugo, 57, did not respond to her claim, but his chief spokesman Ruben Penayo said the president "reiterates that he is ready to act always in line with the truth."

Penayo said lawyer Marcos Farina, who represents Lugo in the other paternity case, would handle the legal aspects of this claim.

THE ASSOCIATED PRESS

Bible passage decision upheld

COURT The U.S. Supreme Court has turned away a challenge from a death row inmate in Texas who claimed his constitutional rights were violated by jurors who consulted a Bible during deliberations.

Jurors reviewed a biblical passage relating that a murderer who used an iron object to kill someone "shall surely be put to death."

They were deciding whether to impose a death sentence on Christian Oliver for shooting and bludgeoning to death his victim with the barrel of an iron gun.

THE ASSOCIATED PRESS

Jury still out on King Henry VIII

KING Monarch. Tyrant. Reformer. Husband from hell.

King Henry VIII, who took the throne 500 years ago today, went on to transform Britain. He married six times and sent two of his queens to the executioner. His battle to divorce his first bride led him to break from the Roman Catholic church and establish the Church of England.

He still divides opinion.

"He was an awful person," said Brett Dolman, a curator at Hampton Court Palace, Henry's residence southwest of London. "Emotionally twisted, a bully."

His colleague, Suzannah Lipscomb, is a bit more forgiving.

"I wonder sometimes whether I am the first female sympathizer with this monstrous tyrant," said Lipscomb, who is overseeing anniversary exhibitions at Hampton Court and has written a book about Henry. "I'm not sure I like him, but I think I have a lot more insight into why he did what he did."

Henry took the throne on April 21, 1509, as a svelte and athletic 17-year-old with a passion for jousting — not too far from the lithe, sexy figure portrayed by Jonathan Rhys Meyers in Showtime's popular TV series "The Tudors."

Well educated, he spoke several languages and was a patron of the arts. But he also had political rivals, former friends and two of his wives — Boleyn and Catherine Howard — arrested, locked in the Tower of London and beheaded. THE ASSOCIATED PRESS

In this image released by Showtime, Jonathan Rhys Meyers stars as Henry VIII in the Showtime original series "The Tudors."

21 horses killed by food toxin: Doctor

REPORT The sudden death of 21 polo horses in Florida may have been caused by a toxin that has yet to be identified by tests and could have been in the animals' feed, vitamins or supplements, veterinarians said yesterday.

The horses from the Venezuelan-owned team Lechuza Caracas sickened just before a tournament Sunday, collapsing and dying on the scene or while being treated at vet clinics or transported, officials said.

Dr. Scott Swerdlin, a veterinarian at Palm Beach Equine Clinic near the polo grounds, treated one of the sick horses. He said it appeared the animals died of heart failure caused by some kind of toxin that could have been in tainted food, vitamins or supplements or some combination of all three that caused a toxic reaction.

THE ASSOCIATED PRESS

Police catch alleged Arizona killer

Police in Arizona say they have a suspect in custody in connection with the killing of a man who was operating a state police photo radar unit along a highway in Phoenix. Police say the 51-year-old radar operator was shot Sunday evening and died at a hospital. THE ASSOCIATED PRESS

Grim anniversary marked

Coloradans gather to remember victims of Columbine High School massacre

Coloradans vowed yesterday that the Columbine High School massacre would not be "just a metaphor for tragedy" as the state marked the 10th anniversary of the rampage in which two student gunmen killed 12 students and a teacher.

State Representative Ken Summers of Lakewood, a pastor in the Columbine neighbourhood when the shootings occurred, said that while the school attack deeply scarred the people of Colorado, it also brought them together to heal.

"Columbine will not become just a metaphor for tragedy," Summers told legislators at the state capitol.

On the morning of April 20, 1999, two Columbine seniors unleashed an attack with guns and pipe bombs, killing 13 people. A bigger bomb, which they hoped would destroy the crowded cafeteria, failed to go off.

CHRIS SCHNEIDER/THE ASSOCIATED PRESS

Thirteen people lie down to symbolize those killed in the Columbine school shooting at a Columbine Remembrance and Rededication on the 10th anniversary of the Columbine attack, at the Capitol in Denver yesterday.

The gunmen, Eric Harris, 18, and Dylan Klebold, 17, committed suicide.

Also Monday, about 50 people gathered outside the capitol to support gun control. Thirteen people representing those who were killed lay on the capitol lawn with blue and white ribbons wrapped around their necks, the colours of the school. At the event was Tom Mauser, father of Daniel Mauser, who was killed at Columbine.

"(The gunmen) did not kill their spirts," Mauser said of the victims of the shootings.

"They did not kill our spirits either."

A moment of silence and the tolling of bells marked each of 13 names that were read.

THE ASSOCIATED PRESS

Shanghai auto show touts local models

VEHICLES The Shanghai Auto Show, once a venue for the West to show off its cars to a country still relying on bicycles, is now a showcase for China's own industry as it overtakes the United States in market size.

From electric vehicles to the biggest gas-guzzling SUVs, China's automakers are manoeuvring to upstage their global rivals in the only major market that is showing resilience during the global financial crisis.

"I have only three words: excited, excited, excited!" Zhang Xiaoyu, chairman of the Association of China Auto Engineering, said as the biennial Shanghai show opened Monday.

"After only 18 years of development, we may become the world's leading auto market," he said.

There was little sense of the gloom prevailing elsewhere in the industry, and Chinese-made cars seemed to draw the biggest crowds.

Sales in China hit a monthly record 1.1 million in March, exceeding U.S. sales for the third month in a row as tax cuts and other government incentives drew customers back into showrooms after a brief slump late last year.

For companies including General Motors Corp., China seems the closest thing to a sure thing.

GM executives said the company intends to keep growing in China regardless of how its financial mess is resolved, though new CEO Fritz Henderson cancelled plans to attend the Shanghai show to focus on the crisis back home.

"We will continue to invest in new products for China, in new facilities and the latest in technology," said Nick Reilly, president of GM's Asia-Pacific division. THE ASSOCIATED PRESS

Obama orders his cabinet to cut $100M

POLITICS U.S. President Barack Obama yesterday ordered his cabinet to find ways to slice spending by $100 million US, but acknowledged it's a "drop in the bucket" and said there's a "confidence gap" that he needs to overcome.

Barack Obama

Just back from a Latin America summit, Obama told the first formal cabinet meeting of his administration that vast spending to combat the economic crisis was "the right thing to do." But he also said taxpayers still need to know that every dollar they give the government is being spent wisely.

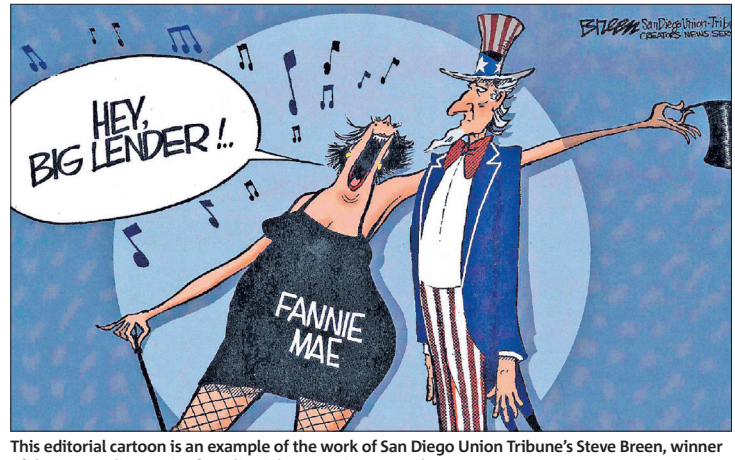
"We also have a deficit — a confidence gap — when it comes to the American people," he told reporters. "And we've got to earn their trust."

Obama said the $100 million would come from "efficiencies" in agency operations, and would be in addition to future cuts in programs that aren't working. Yet the red ink in the annual budget is currently in the hundreds of billions. He was asked if the efficiency saving isn't just "a drop in the bucket."

THE ASSOCIATED PRESS

Big money

- President Barack Obama's prolific fundraising carried on through inauguration day: His inaugural committee raised at least $53 million US from donors for his swearing-in festivities. That's about $11 million more than former president George W. Bush raised for each of his two inauguration days.



PULITZER BOARD/THE ASSOCIATED PRESS

This editorial cartoon is an example of the work of San Diego Union Tribune's Steve Breen, winner of the 2009 Pulitzer Prize for Editorial Cartooning yesterday.

N.Y. Times scores five Pulitzers

AWARDS The New York Times received five Pulitzer Prizes yesterday, including one for breaking the call-girl scandal that destroyed former governor Eliot Spitzer's career.

The Las Vegas Sun won the Pulitzer for public service for exposing a high death rate among construction workers on the Las Vegas Strip.

America's top journalism awards were announced after one of the most depressing years the newspaper industry has ever seen, with layoffs, bankruptcies and closings brought on by the recession and an exodus of readers and advertisers to the Internet.

Also announced Monday were the winners of Pulitzers for the arts.

Ruined, Lynn Nottage's harrowing tale of survival set against the backdrop of an African civil war, won the 2009 Pulitzer Prize for drama. Inspired by Bertolt Brecht's Mother Courage and Her Children, Nottage's play focuses on the suffering of women, particularly the inhabitants of a Congolese brothel owned by an earth mother named Mama Nadi.

THE ASSOCIATED PRESS

Police probe four deaths in Baltimore hotel

CRIME Authorities were investigating the deaths of four people found inside a hotel guest room yesterday afternoon in suburban Baltimore.

The bodies were discovered at the Sheraton Baltimore North Hotel in Towson, just north of Baltimore, said Baltimore County Police department spokesman Bill Toohey. Police received a call at 2:56 p.m. yesterday reporting that four people were dead in a room. Toohey did not know their ages or whether they were related.

The occupants of the room didn't check out when they were expected to yesterday afternoon, Toohey said.

That's when hotel staff unlocked the door and found the bodies. Cpl. Michael Hill, another police spokesman, said it was not known whether all four people were hotel guests.

THE ASSOCIATED PRESS

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Diamond on display in New York
A rare, 7.03-carat blue diamond, expected to bring up to $8.5 million at auction, is on display in New York. It will be sold May 12. THE ASSOCIATED PRESS

Terror on CanJet flight

159 passengers held hostage on plane in Jamaica

Canadians bound for holidays and wedding celebrations in Cuba wept softly and prayed for their safety yesterday after a lone gunman with "mental challenges" forced his way through security and stormed their airliner as it prepared to leave an airport in Jamaica.

After a quick-thinking flight attendant convinced their would-be captor to accept cash and belongings in exchange for their freedom, 159 passengers and two crew members were able to escape CanJet Airlines Flight 918 after less than an hour of captivity.

It would be seven more hours, however, before the remaining six crew members would be freed without bloodshed by members of a Jamaican counter-terrorism squad who stormed the Boeing 737's cabin and disarmed the gunman, who apparently wanted to fly to Cuba.

"I'm very relieved, extremely relieved, that it's over and nobody has been hurt," said Jamaican Prime Minister Bruce Golding, who spent a sleepless night at Sangster International Airport in Montego Bay, helping to negotiate the release of the hostages.

Golding issued an abject apology to his country's Canadian guests and offered them deluxe accommodations and cash in exchange for their forgone money and belongings.

But foremost on his mind was the question of how it all happened in the first place.

"There was quite clearly a breach of security at the airport," Golding said. "I've asked for an investigation to be done immediately and a report to be made."

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Passengers Beverly Euloth, left, Jill Eaton, centre, and Shari Euloth talk about the hijacking ordeal on a CanJet flight in a hotel in Montego Bay, Jamaica, yesterday.

Harper in Jamaica

- Prime Minister Stephen Harper was coincidentally in the capital city of Kingston to address their joint session of Parliament.
- Harper showered Jamaican authorities and the crew of CanJet Airlines Flight 918 with praise for their handling of the hostage drama.

News in brief

BANKING Zimbabwe's central bank governor admits he took money from the bank accounts of private businesses and foreign aid groups without permission to keep the country's cash-strapped ministries running. In a statement yesterday, Reserve Bank Governor Gideon Gono said he loaned the money from the private hard currency accounts to the government. He says the accounts will be reimbursed when the loans are repaid. Gono has been harshly criticized for raiding foreign currency accounts, among other questionable practices.

THE ASSOCIATED PRESS

Sri Lankan troops preparing final assault on Tamil Tigers

CIVIL WAR Some 35,000 civilians fled the last corner of Sri Lankan territory held by the Tamil Tigers, the military said yesterday, as the government warned the rebels it would launch a final assault in 24 hours.

The air force showed reporters footage taken by a surveillance plane in which scores of civilians ran toward the military's defence line, most of them carrying just a few possessions in bags on their heads.

President Mahinda Rajapaksa said in a televised speech that the operation was the "largest-ever hostage rescue mission in history."

He said the military rescued the noncombatants by opening several routes into the war zone. But a pro-rebel website said hundreds of civilians were feared killed in the "total chaos."

It is not possible to verify any of the claims because the war zone is restricted to journalists.

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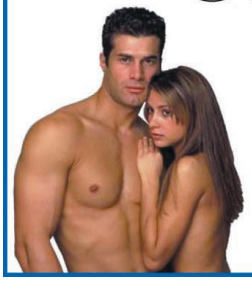

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Comment & Views

Comment

Down with dinosaurs

NationalReport

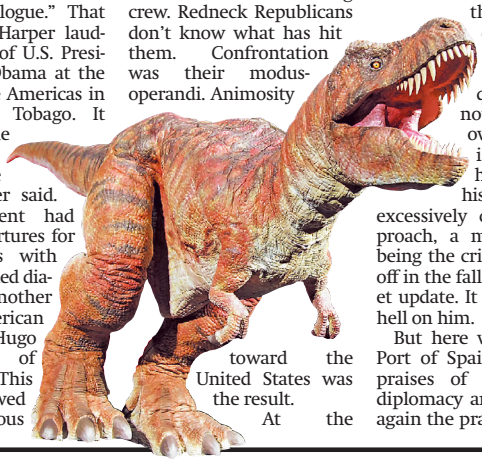
Lawrence Martin

metronews.ca/nationalreport

"We saw the replacement of confrontation with dialogue." That was Stephen Harper lauding the work of U.S. President Barack Obama at the Summit of the Americas in Trinidad and Tobago. It marked the opening of "a new era," the prime minister said.

The president had just made overtures for new relations with Cuba and opened dialogue with another vaunted American enemy, Hugo Chavez of Venezuela. This summit followed Obama's previous extension of an olive branch to axis of evil member, Iran. Along the way, just for good measure, the president threw in a plan to rid the world of nuclear weapons.

What is transpiring is startling. Compared to the dark ages of George W. Bush and Dick Cheney, a starker contrast could hardly be possible. Obama is a one-man dinosaur wrecking crew. Redneck Republicans don't know what has hit them. Confrontation was their modus-operandi. Animosity toward the United States was the result.



At the summit, Obama noted how he was criticized for wanting to talk to enemies because it would be seen "as a sign of weakness." But, as he said, the American people didn't buy this line of thinking, "And there's a good reason why they didn't buy it — because it doesn't make sense."

His new era of enlightenment is all the more important because there are signs that others could become a part of it.

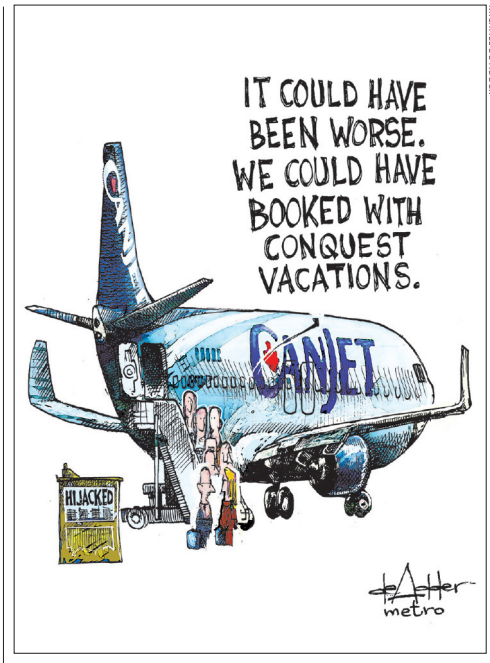
It has frequently been noted how our own prime minister has hurt himself with his negative and excessively combative approach, a major example being the crisis he touched off in the fall over his budget update. It brought down hell on him.

But here was Harper in Port of Spain singing the praises of dialogue and diplomacy and singing yet again the praises of a liberal president. He was suddenly welcoming the opening to Cuba, which is surprising for a Conservative of his ilk and took no issue with the warmth shown to Chavez.

Harper has a long way to go before he can talk of himself as a champion of diplomacy. On Russia and the Middle East he has taken a confrontational approach. On China he is only now awakening to the importance of building relations. On Guantanamo he has been silent, on nuclear proliferation, the same.

But you get the sense the new U.S. president may be having a significant impact on Harper, softening the rough edges, broadening his mind. On the weekend, the prime minister was wise to salute the new Obama approach. Best to leave behind any Jurassic Park ties and get on board the big new train.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Worth mentioning

Study paints picture of student mental health

Ever since campus counselling centres were established in the 1940s, college officials have known the prevalence and severity of students' mental health problems were rising. They just didn't know by how much.

A pilot study released yesterday by the Center for the Study of Collegiate Mental Health at Penn State University hopes to fill that void. Organizers call it a first-of-its kind effort by college counselling centres designed to get an up-to-date picture of mental health trends affecting higher education.

Most schools collect data of counselling centre clients on their own. Until now, there have been no national data to help study perceived trends, organizers said.

The numbers will further help colleges and universities equip themselves to support students, said Ben Locke, executive director of the centre.

Findings

- One per cent of students who answered a question about binge drinking reported going on a binge 10 or more times in the previous two weeks.
- The vast majority (93 per cent) of students who responded to a question about campus violence had little to no fear of losing control and acting violently.
- The seven per cent considered to have strong fears were most likely to be male and said they had previously harmed another person. They also tended to have experienced a cluster of other symptoms, such as a fear of having a panic attack or suicidal thoughts.

Each counselling centre asked clients to answer standardized questions, with the data pooled nationally. All data were anonymous.

THE CANADIAN PRESS

Views

Feds need to follow U.S. in cap-and-trade

NoBorders

Deborah Coyne

www.deborahcoyne.ca

U.S. President Barack Obama's proposed 2010 budget makes it clear he intends to achieve significant progress on climate change and clean energy, despite the formidable economic crisis.

The president had signalled his seriousness throughout his campaign and then with his cabinet appointments. His budget now includes a wide range of concrete steps toward reducing dependence on oil; makes huge investments in clean technology, renewable energy and energy efficiency; increases the budget of the Environmental Protection Agency by 35 per cent; and generally aims at switching the transportation system to electric vehicles while increasing fuel economy standards in gas-powered vehicles.

Predictably, opposition in Congress is gearing up for battle, hysterically projecting enormous increases in gas prices at the pump and retail electricity rates, and calling the cap-and-trade proposal to reduce CO2 emissions, "a tax on everything." Sound familiar?

Whatever the outcome, Obama's bold national leadership on climate change, and his determination to proceed, is unambiguous and genuine. And he will use his exceptional ability to connect with Americans over the heads of his opposition.

EARTH DAY: APRIL 22
Go Green

Contrast Stephen Harper's approach to climate change and clean energy — the antithesis of bold national leadership, transparency, and constructive debate bringing Canadians together.

While Obama champions an effective national cap-and-trade system that sets hard caps on carbon emissions, Harper silenced any intelligent discussion during the last election and produced an anemic plan for intensity targets applicable only to large industrial emitters that is justly ridiculed for allowing emissions to rise with production levels. His recent budget lacked any serious environmental focus, notably with respect to renewable energy and energy efficiency.

The federal government is so missing in action, Ontario and Quebec have now joined Manitoba and British Columbia to extend caps on CO2 emissions beyond large industrial emitters as part of the California-led Western Climate Initiative. Regional tensions, real or imagined, simmer and rise to fill the void left by the absence of national leadership.

Bold national leadership, transparency and constructive debate seem to be too much to hope for in Canada. No wonder so many Canadians look enviously at the U.S. and are cheering Obama on.

Deborah Coyne ran as a Liberal candidate in the 2006 federal election and is a public policy consultant who runs canadianswithoutborders.blogspot.com. Contact dmr.coyne@rogers.com.

Metro Online Poll Results

81% SAID YES	If you're a spring grad, are you concerned about job prospects? *Weigh in on today's question at metronews.ca*	19% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: torontoletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfotoronto@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

Strength in numbers

Almost 12 million Canadians aged 15 and older — or 45 per cent of the population — volunteer, according to Statistics Canada's 2004 Survey of Giving, Volunteering and Participating. METRO NEWS SERVICES

Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Volunteers recognized

National initiative focuses on those who donate time

RAFAEL BRUSILOW
for Metro Toronto

Helping others is one of the greatest gifts you can give and National Volunteer Week, which runs until April 25, is as good a time as any to start giving.

Deborah Gardner, executive director of Volunteer Toronto, says National Volunteer Week is a time for awareness and appreciation of the crucial role volunteers play in the fabric of Canada.

"We look at National Volunteer Week as a way to focus on all the things volunteers do. Volunteers make a huge difference in the community — things happen because of volunteers," Gardner said.

The winning T-shirt design, by Tlell Davidson.

To help get youth caught up in the festivities, Volunteer Toronto launched the ChariTee design contest to let the public create a T-shirt that captures the volunteering spirit. The winning design by George Brown student Tlell Davidson was chosen after more than 10,000 public votes and will be available for purchase at charitee.ca with proceeds going to charities including Free The Children.

Spectators walk through an exhibit of the various T-shirt designs that were created as part of the ChariTee design contest.

PHOTOS BY RAFAEL BRUSILOW/FOR METRO TORONTO

The organization is also challenging youth in Ontario to sign up for five hours of volunteering time during National Volunteer Week with the hope of garnering 10,000 new volunteers across the province.

Nowhere Like Home, a home-care services firm in Toronto, will be volunteering its own staff members to help support volunteer organizations throughout the city during the week. Opal Rowe, president of Nowhere Like Home, says the reason she felt the need to get involved with National Volunteer Week is to highlight just how crucial volunteers are to the health of non-profit organizations.

> **"Volunteers make a huge difference in the community — things happen because of volunteers."** Deborah Gardner

"Most of these organizations will tell you (that) without volunteers, they could not survive. This week is a chance for non-profits to pay homage and thank their volunteers for their hard work," Rowe said.

Desiree Lavoy-Dorsth, 23, volunteers for Nowhere Like Home and says volunteering is often just as life-changing for volunteers as it is for the communities they help.

"Giving back, you just see how important volunteering is and how much it helps you as well as the community. It gives you a sense that you're doing something good," Lavoy-Dorsth said.

For 17-year-old Antoinette Smith, the joy of helping people started two years ago when her mother convinced her to volunteer at a local community centre.

"My mom is my model, my inspiration," said Smith.

"I love helping others and it's really fun just seeing children happy and making a difference in their lives."

With events happening in cities and communities around the country, log on to volunteer.ca to find out more.

Canadian police join UN mission to Sudan

Volunteering to go to Sudan as part of a newly beefed-up Canadian police contingent was how OPP Staff Sgt. Don Eastop quelled his gut reaction when watching or reading news from the region.

"The little voice in my head said, 'Why doesn't somebody do something?' Then it sort of hit me — what am I doing?" he said in an interview from Khartoum.

As part of a UN-led mission, 20 Canadians from the OPP, RCMP, Halifax and Ottawa police are now in southern Sudan to train and mentor the fledgling southern Sudan police force.

Southern Sudan is rebuilding after Africa's longest-running civil war between north and south Sudan killed two million people and ended with a peace agreement in 2005. Many of the former southern rebel army officers now make up the police force charged with trying to enforce basic laws.

About 20 Canadians from the OPP, RCMP, Halifax and Ottawa police are now in southern Sudan to train the Sudan police force.

"A lot of them have no policing skills whatsoever. They're former fighters, basically," says Wayne Hanniman, who took a leave from the national security section at RCMP headquarters in Ottawa to complete a nine-month stint based in Juba, the capital of south Sudan.

The job of Canadians and others is to teach basic police techniques: How to interview, investigate, take notes and draw up a report so a prosecutor can lay a charge. It is also to encourage the Sudanese police to discipline their fellow officers who fail to respect human rights. But it's not to lead the investigations or hand out orders.

"We don't arrest anybody. We're guests here," says Eastop, commander of the current Canadian contingent in the region.

The Sudanese police "are absolutely thirsty for any kind of education they can get," says Eastop.

"I'm not a teacher by any stretch, but I'm teaching basic computer skills after my regular work hours to police officers. They want this, they need it."

There are huge challenges: Widespread illiteracy among the Sudanese officers, a lack of infrastructure. There's a dearth of police vehicles and a lack of basic equipment, such as notebooks. Public confidence is low, and for the officers, there's often a long lag in getting paid.

"Sometimes their paycheque is two to three months late," says Hanniman. "They've got uniforms and a rank structure. Everything else we're starting from scratch."

The Canadian contingent, including three female officers, is spread along contested areas between north and south Sudan. The Canadians are among 650 officers from 36 countries that make up the UN police mission. The northern region of Darfur is deemed too unstable for an international policing deployment.

TORSTAR NEWS SERVICE

Thanks to our dedicated volunteers

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Food Bank

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On April 22, at our annual Volunteer Appreciation Dinner, we honour **OUR AMAZING VOLUNTEERS**

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For Volunteer Opportunities at Yonge Street Mission – **www.ysm.on.ca**

Agrium takes 50 per cent stake in Hanfeng subsidiary

Agrium has exercised an option to buy a 50 per cent stake in Hanfeng Evergreen's Canadian slow-release fertilizer business. The buy-in is a followup to a deal that saw the Calgary agricultural products giant take a 19.6 per cent equity stake in Hanfeng in 2007. THE CANADIAN PRESS

Business

DOLLAR		
1.56¢	C$	80.74¢ US
	US$	$1.2385

OIL	
$45.88 US	
$4.45	

TSX	
9,126.15	
311.50	

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Nortel, ex-employees face off in court over severance dues

PAYMENTS Lawyers for Nortel Networks Corp. and former employees of the fallen technology giant are facing off in court.

Several groups of employees are trying to get severance payments and employee benefits such as dental coverage that were cut off when Nortel got court protection from creditors.

Nortel's lawyer argued that under bankruptcy protection a company isn't obliged to pay severance or benefits to former employees. The iconic Canadian telecom technology company, which originated as part of Bell Canada, has been operating under court protection since January.

THE CANADIAN PRESS

Stock markets lose energy

Stock markets dropped heavily yesterday as crude oil prices fell to the lowest level since mid-March and fears grew that big American banks are imperilled by swelling bad debts.

Toronto's S&P/TSX composite index fell 311.50 points to 9,126.15, with the energy and base metals sectors contributing most to the drag.

Energy stocks tumbled 6.5 per cent as the May crude oil contract tumbled 8.8 per cent on a stronger U.S. dollar and higher inventories. Oil ended the day down $4.45 to $45.88 US a barrel on the Nymex, its lowest since March 11.

The loonie fell 1.56 cents to 80.74 cents US.

Wall Street's Dow Jones industrial average dropped 289.60 points to 7,841.73.

Renewed worries about the U.S. banks came on word that their lending remains tight and anxiety that Washington may take big ownership stakes in banks as its $700-billion US bailout fund runs down. THE CANADIAN PRESS

Bank of America

- Bank of America Corp. warned of worsening loan default problems even as it posted a first-quarter profit of $2.81 billion.
- It set aside $13.4 billion to cover losses on souring debt.

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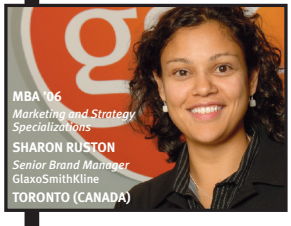

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Information Sessions

To register, visit www.schulich.yorku.ca/infosessions

Toronto (Main Campus)
Schulich School of Business
York University
Thursday, April 23
6:00 pm–7:30 pm

Toronto (Main Campus)
Schulich School of Business
York University
Thursday, May 7
6:00 pm–7:30 pm

Toronto (Downtown Campus)
Miles S. Nadal Management Centre
Ernst & Young Tower
Wednesday, May 20
6:00 pm–7:30 pm

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Part-Time: Evenings, Days, Alternate Weekends

Schulich Leads in Rankings

The Schulich MBA is ranked in the world's top tier of best business schools by *The Wall Street Journal* (11th in the world in "Top International Schools" ranking); *The Economist* – Economist Intelligence Unit (15th in the world); *Forbes* (4th best non-US school); The Aspen Institute, a US think tank (3rd in the world in Social and Environmental Stewardship); and *Expansión* (21st in the world) in their most recent global surveys. They also rank the Schulich MBA #1 in Canada.

Kellogg's global network of Executive MBA programs, including the Kellogg-Schulich EMBA, is ranked #1 in the world by *The Wall Street Journal* in its inaugural EMBA survey. The Kellogg-Schulich EMBA is ranked #1 in Canada by the *Financial Times* of London in its most recent global EMBA survey.

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PAUL SAKUMA/THE ASSOCIATED PRESS

Oracle CEO Larry Ellison speaks at the Oracle Open World conference in San Francisco in this September 2008 file photo.

Sun goes to Oracle for $7.4B after IBM pulls out

DEAL Information technology company Oracle Corp. said yesterday it is buying Sun Microsystems in a cash deal it valued at $7.4 billion US after IBM abandoned its bid to buy the networking equipment maker.

Oracle will buy Sun shares for $9.50 US each. The price represents a 42 per cent premium to Sun's Friday closing stock price of $6.69. IBM had offered to buy Sun for $9.40 per share, but talks fell apart this month. Sun balked at the price and cancelled IBM's exclusive negotiating rights, leading IBM to withdraw its offer.

Sun, which invented the Java programming language, has been reluctant to sacrifice its independence, even as it reports big losses. Despite billions in sales the company has not been able to turn a consistent profit, losing $1.9 billion in the same period.

THE ASSOCIATED PRESS

Business in brief

CUTS General Motors North America president Troy Clarke said in an email to employees that about 1,600 white-collar workers will lose their jobs in the next few days to ensure GM's long-term viability.

SOFTWARE Angoss Software reported record first-quarter revenue of $2.02 million but swung to a loss — hit by amortization expenses tied to acquisition of Toronto-based Dthree Inc. METRO NEWS SERVICES

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.5%	1.5%	1.85%	1.7%	1.45%	1.25%	1.5%	1.25%

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Here's the ticket to save

In private lots, you might get leeway with parking tickets

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SmartCookies

metronews.ca/smartcookies

Parking tickets are a huge source of revenue for cities and private companies — not to mention a huge source of frustration for you and your bank account.

While you're required by law to pay tickets from the city, we wanted to find out if the same rules applied if you received a ticket while parking in a private lot. Here's what we discovered.

When you enter a lot, there will be posted terms and conditions. These terms and conditions will usually state that by driving into the parking lot, you agree to these provisions.

Parking tickets are a huge frustration for your bank account.

Essentially a contract is formed between you and the parking lot company. If you choose not to pay the ticket, you should be aware of the repercussions, such as the company suing you for breach of contract or passing your debt on to a collections agency.

If you dispute the ticket, because you don't agree with certain terms and conditions that were posted in the parking lot, then theoretically a collections agency is not allowed to report your unpaid debt to credit agencies. That's a good thing, because it means your credit score will not be affected while you are trying to sort the matter out.

> **"Another possible legal argument is that because the fine on the ticket is so disproportionate to the lot's hourly charge, the contract should not be enforced."**

But keep in mind, there are some cities in which collections agencies are not restricted in the same rules, and may in fact pass on your unpaid debt to a credit agency. Once this happens, it can be difficult to have your record wiped clean, so it's worth checking this out in advance.

There is always the possibility that you may be able to negotiate a ticket. An argument that you can make is that the terms and conditions weren't clearly posted when you were parking, so you actually didn't know what you were yourself getting into. Another possible legal argument is that because the fine on the ticket is so disproportionate to the lot's hourly charge, the contract should not be enforced.

We would encourage you to at least contact the parking lot company and put them on notice that you're disputing the ticket and attempt to negotiate something.

You never know whether or not you're going to be successful but it's worth a try. Private lots can be individually owned so the amount of wiggle room you have will depend on the company. When dealing with customer service, be polite but persistent.

Just a few weeks ago, one of the Smart Cookies attempted to have a parking ticket reduced. At first, the private lot parking company was not receptive to her request. However, our Cookie was persistent and, lo and behold, the ticket price was reduced from $60 to $15. That's definitely worth a five-minute phone call.

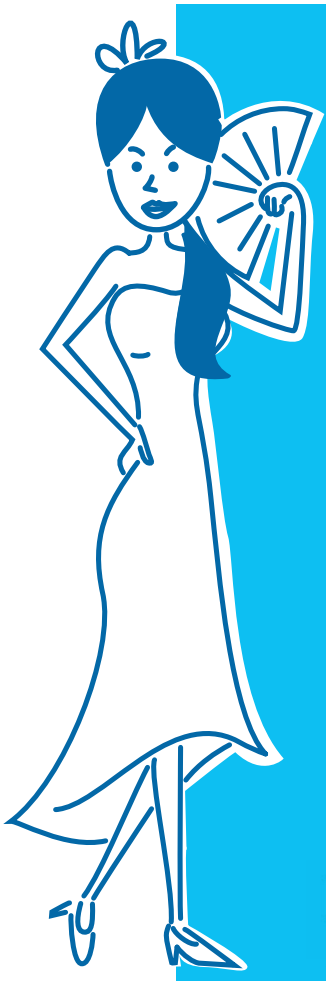
Have a tip for the Smart Cookies? Email us at smartcookies@metronews.ca. Visit smartcookies.com or pick up Smart Cookies Guide to Making More Dough for more on saving and smart spending.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small's weekly column keeps you up to date on investment news. Visit metronews.ca/investing



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For contest details and to participate, visit the contest section at www.metronews.ca

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transat HOLIDAYS

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Making the most of your severance

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q My husband will be receiving a severance package. How much is he allowed to transfer to his registered retirement savings plan (RRSP), and do we have to report it? — Mary

A Severance payments received upon retirement due to loss office or employment is reported as a retirement allowance the year received. Your husband should check with his human resources department for the possibility of splitting the amounts over several years, to avoid overinflating income, which may result in higher taxes. Taxpayers who received payments and began employment before 1996 may be eligible to deduct an amount from income, if transferred into a pension or RRSP. This rollover is above the normal annual RRSP contribute limit.

The maximum deduction (transfer) is the lesser of:

- The amount received, and;
- $3,500 times the number of years prior to 1989, plus $2,000 each year from 1989 to 1995.

He should work with human resources because they would have his employment history and should be able to calculate the eligible amount that can be transferred.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

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Canada kicks off tourney today

Canada's men's under-17 soccer team hopes to qualify for a world championship this week. The young Canadians play Honduras today in the opening match of the CONCACAF Men's U-17 Championship. METRO NEWS SERVICES

Sports

Safina takes over No. 1

Russia's Dinara Safina officially took over the top spot on the WTA Tour yesterday, making her and older sibling Marat Safin the only brother-sister duo to have been No. 1 in professional tennis. Safina replaced Serena Williams at the top, even though the American beat her in the Australian Open final this year. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Scutaro learning to lead off

JAYS Before Sunday's win over the Oakland A's, Blue Jays shortstop Marco Scutaro turned slowly in his chair to face a reporter. If the 33-year-old Venezuelan was tired, he had a right to be. After playing every game for a Venezuela squad that reached the semifinals of the World Baseball Classic, Scutaro has also started each of the Jays' 14 regular-season games, batting leadoff for the hottest offence in the majors. Scutaro admitted he hasn't batted much leadoff in the past, but doesn't mind. "If I'm playing every day," he said, "I don't care where they put me." Heading into tonight's game with Texas, Scutaro has 15 hits and has reached base in each game this season. His .418 on-base percentage ranks second on the team, while his 15 runs scored had him tied for the major-league lead through Sunday.

Scutaro

TORSTAR NEWS SERVICE

SCOREBOARD

NHL

STANLEY CUP PLAYOFFS
YESTERDAY'S RESULTS
Boston 4 Montreal 2
Washington 4 N.Y. Rangers 0
Chicago at Calgary

TONIGHT'S GAMES
New Jersey at Carolina
Detroit at Columbus
Pittsburgh at Philadelphia
Vancouver at St. Louis
San Jose at Anaheim

NBA

PLAYOFFS
YESTERDAY'S RESULTS
Boston 118 Chicago 115
Dallas at San Antonio

TONIGHT'S GAMES
Detroit at Cleveland
Houston at Portland
Utah at L.A. Lakers

MLB

AMERICAN LEAGUE
EAST DIVISION

	W	L	Pct	GB
TORONTO	10	4	.692	-
Boston	7	6	.538	2.5
New York	7	6	.538	2.5
Baltimore	6	7	.462	3.5
Tampa Bay	5	8	.385	4.5

YESTERDAY'S RESULTS
Boston 12 Baltimore 1
Pittsburgh 8 Florida 0
Oakland at N.Y. Yankees PPD
San Diego at Philadelphia PPD
Atlanta at Washington
Cincinnati at Houston
Colorado at Arizona

TONIGHT'S GAMES
Texas at TORONTO
Kansas City at Cleveland
Oakland at N.Y. Yankees
Chicago White Sox at Baltimore
Minnesota at Boston
Detroit at L.A. Angels
Tampa Bay at Seattle
Florida at Pittsburgh
Milwaukee at Philadelphia
Atlanta at Washington
Cincinnati at Chicago Cubs
L.A. Dodgers at Houston
N.Y. Mets at St. Louis
Colorado at Arizona
San Diego at San Francisco

Bruins put Habs on ropes

STANLEY CUP
2009 **Playoffs**

Michael Ryder scored late in the second period to break a 2-2 tie in lifting the Boston Bruins to a 4-2 victory over the Montreal Canadiens to take a stranglehold on their NHL Eastern Conference playoff series last night.

Boston leads the best-of-seven series 3-0 and can move on to the second round with a win tomorrow in Game 4 at the Bell Centre. Phil Kessel, Shawn Thornton and Chuck Kobasew into an empty net also scored for the Bruins.

Boston was outskated by Montreal through the first half of the game before taking over midway through the second period. The Bruins did not appear to miss suspended forward Milan Lucic.

Rookie defenceman Yannick Weber had a goal and an assist and Chris Higgins also scored for the injury-plagued Canadiens, who learned before the game they would be without veterans Alex Tanguay and Mathieu Schneider due to upper body injuries.

Only two teams have ever come back from an 0-3 deficit in playoff history — the 1942 Toronto Maple Leafs and the 1975 New York Islanders. It is the 10th time Montreal has lost the first three games of a series.

RICHARD WOLOWICZ/GETTY IMAGES

Saku Koivu of the Canadiens watches the puck go through the crease on a shot by P.J. Axelsson of the Bruins in Montreal last night.

CAPITALS 4, N.Y. RANGERS 0

While Alex Ovechkin tried to figure out Henrik Lundqvist, the Washington Capitals found a way to beat the New York Rangers. Ovechkin went a third game without a goal, but earned two assists for the second-seeded Capitals, who methodically posted a 4-0 victory over the No. 7 Rangers and got back into the Eastern Conference first-round playoff series last night.

Earlier in the day, Ovechkin had been kicked out of the stands while watching the Rangers practice.

Behind 33 saves from 20-year-old Simeon Varlamov, the Capitals cut the series deficit to 2-1 — after a pair of home losses — and moved into position to tie the best-of-seven matchup tomorrow night at Madison Square Garden.

THE CANADIAN PRESS

For a recap of Game 3 of the Blackhawks/Flames series, visit **metronews.ca**

Allen caps Boston's big day with trey

NBA
2009 **Playoffs**

Ray Allen picked the perfect time to snap out of his shooting slump.

Allen made a tiebreaking three-pointer with two seconds left and finished with 30 points, leading the Boston Celtics a 118-115 win over the Chicago Bulls in Game 2 of their playoff series last night. The series is now tied 1-1.

Ben Gordon nearly carried Chicago to a 2-0 lead in the best-of-seven series. He scored with 12.3 seconds left to tie it, and had a playoff career-high 42 points.

Then Boston set up a play for Allen, who took a pass from Rajon Rondo and connected from the right side.

Allen had just four points on 1-for-12 shooting in Boston's 105-103 overtime loss on Saturday.

The next two games of the series are scheduled for Chicago on Thursday night and Sunday.

Allen scored 28 points in the second half, which turned into a shootout between the all-star guard and Gordon.

Glen Davis had 26 points for Boston, passing his career high of 24, and Rajon Rondo posted a triple-double. THE ASSOCIATED PRESS

ELSA/GETTY IMAGES

Ray Allen is guarded by the Bulls' Ben Gordon last night.

For a recap of Game 2 of the Mavericks/Spurs series, visit **metronews.ca**

Eye exam

- Orlando Magic centre Dwight Howard says he's going to get his eyes examined after he was inadvertently scratched Sunday. Howard said yesterday he would see an eye doctor but that the injury won't keep him sidelined for Game 2 against the 76ers tomorrow.

Sportsnet won't punish reporter

TV Rogers Sportsnet reporter Roger Millions hasn't been disciplined for uttering an obscenity on air, says a spokesman for the network. The Calgary-based reporter swore during a pre-game report on a playoff game between the Calgary Flames and Chicago Blackhawks that made it to air last Thursday. The unedited clip was swiftly uploaded to YouTube, where it's been viewed more than 250,000 times. Most commentators were blaming Sportsnet, not Millions, for the unfortunate outtake — particularly since the segment was reportedly taped.

Cavs' Brown wins NBA coach of year

NBA Mike Brown was honoured as the NBA's coach of the year yesterday after leading the Cleveland Cavaliers to their best regular season. He guided the club to a franchise-record 66 wins, a second Central Division title and the No. 1 overall seed in the post-season. Cleveland leads the Detroit Pistons 1-0 in the first round of the playoffs. Brown received 55 first-place votes and earned 355 total points from a panel of 122 sports writers and broadcasters. Houston's Rick Adelman finished second with 151 points and Orlando's Stan Van Gundy was third with 150.

Brown

Merga, Kosgei win in Boston

RUNNING Ethiopia's Deriba Merga overcame the disappointment of his Olympic fade to win the Boston Marathon yesterday, and Kenya's Salina Kosgei won the closest women's race in the history of the event. Americans took third in both races for the best U.S. finish since 1985. Kosgei won a sprint with defending champion Dire Tune, trading the lead several times in the final blocks. Canadian Diane Roy was second in the women's wheelchair race in 2:01:27, behind Japan's Wakako Tsuchida.

THE CANADIAN PRESS

Blanchard dead at 84

Felix (Doc) Blanchard, who won a Heisman Trophy in 1945 and led Army to three consecutive undefeated seasons, died Sunday of pneumonia at home in Texas. He was 84. METRO NEWS SERVICES

Lions go for meaner look in quest for a win

NFL Detroit has added teeth to its new Lions logo. Only time will tell if the product on the field also has teeth.

The franchise revealed subtle changes to the logo and how the word "Lions" is spelled out during a news conference yesterday attended by dozens of fans.

Detroit stumbled to the NFL's first 0-16 season last year and has the first pick Saturday in the NFL draft.

The leaping lion appears more fierce, while the team name features an italicized slant. The team says the changes are consistent with its "sense of mission and direction." THE ASSOCIATED PRESS

Sports in brief

NBA Boston Celtics general manager Danny Ainge is out of hospital after having a minor heart attack. Ainge attended the team's shootaround yesterday one day after being released from Massachusetts General Hospital. He was admitted there Thursday and underwent surgery.

MLB The St. Louis Cardinals got help for a needy bullpen yesterday, acquiring right-hander Blaine Boyer from the Atlanta Braves for minor league outfielder Brian Barton.

CFL CFL commissioner Mark Cohon told Ottawa civic officials yesterday the league's third foray into the city would succeed because of strong ownership combined with a modern facility. In his pitch, Cohon brushed off criticism that the CFL has failed in Ottawa twice before by pointing to the Alouettes' rebirth in Montreal.

METRO NEWS SERVICES

Staying put for time being

Colangelo backs Triano, says Bosh trade unlikely

It appears the Toronto Raptors will have Jay Triano back as coach next season.

Ticking off his wish list for next season, GM Bryan Colangelo would also like to have Chris Bosh back playing under a new contract extension and some experienced help at point guard for Jose Calderon.

Colangelo addressed the media yesterday for the first time since his team finished the season a disappointing 13th in the Eastern Conference, missing the playoffs for the first time in three years.

One of the biggest decisions facing the GM as the team heads into the off-season is the future of Triano, the Niagara Falls, Ont., native who took over on an interim basis when Sam Mitchell was fired 17 games into the season.

"I thought Jay did a very solid job under the circumstances," Colangelo said. "Coming out of all the player exit interviews, the players have a lot of respect for Jay, they respect his basketball acumen, they respect his professionalism, they respect his means of communication, and they respect generally the way he leads this team."

Colangelo says he's received calls from other coaches interested in the position, but he hasn't interviewed anyone and isn't sure he will.

As for the future of Bosh, Colangelo scoffed at suggestions the team should consider trading its captain simply because he'll become a free agent at the end of the 2009-10 season.

"It would be foolish to decide to trade him because there's a possibility he might leave a year from now," he said. "Chris is still the best player on this team and thus will remain the cornerstone of the franchise until some other time when that decision is made."

Bosh was noncommittal about his future with the team when he met with the media last week, to which Colangelo said uncertainty is part of the business.

"Clearly you want to hear him say, 'I'm here long term ... I'm not going anywhere,' take that blood oath together," Colangelo said. "It's not going to happen.

"But it remains the intention of this organization to keep Chris as a part of this entity and to remain a fixture here," he added.

THE CANADIAN PRESS

Women feeling heat after silver-medal performance

MATTHEW WUEST
matthew.wuest@metronews.ca

HOCKEY A silver medal is usually reason to celebrate, but in Canadian hockey, it puts a team under the microscope.

The senior women's team is finding out the hard way after falling to the United States in the gold-medal game at the IIHF world championship in Finland on Easter weekend.

"For a lot of nations to get a medal at the world championship — whatever colour — they're happy," said Johnny Misley, Hockey Canada's executive vice-president. "Not with us. If we don't (win gold), we're going to ask a lot of questions."

With the 2010 Olympics around the corner, Misley is leading a review of the program to ensure it delivers on its promise as one of the country's best hopes for gold in Vancouver.

That process occurs after every season, but Misley has taken the unusual step of setting a completion deadline of next week. If changes are necessary, they will be made before 2009-10 camp opens on May 25 in Dawson Creek, B.C.

ROB STORNO/GETTY IMAGES

Canada lost to the U.S. 4-1 in the world championship gold medal game on Easter weekend.

> **"We laid a golden egg, or pardon the pun, a silver egg."**
> Johnny Misley, Hockey Canada VP

The 4-1 loss was Canada's second straight setback in the world championship final and third in the past four tournaments. Canada, which has won gold at 11 of 15 world championships and Olympics, had outscored its opponents 30-2 coming into the game and beat the U.S. 2-1 in the round robin.

"We were the far better team (than the U.S.) in that round-robin game — it easily could have been a 5-1, 6-1 game," Misley said.

"For some reason, 48 hours later, we laid a golden egg, or, pardon the pun, in this case, a silver egg."

After the loss, head coach Melody Davidson publicly questioned whether she should keep her job. Misley said coaching is just one of the elements that will be examined.

"How could we have done so well and all of a sudden just tighten up and have everything fall apart?" he said. "The coaches and players are accountable for what happened. The debriefing process will expose a number of those areas."

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Metro Workology exclusive: Paws and Claws
Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Watson, the two-year-old Rhodesian Ridgeback, submitted by a loyal Metro reader.

Workology

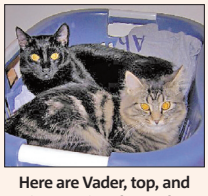
U Winsor plans Niagara campus

The University of Windsor is planning to open a satellite campus in the St. Catharines area for its graduate program in social work. The proposed expansion stems from demand in the Niagara region from social workers who wish to upgrade their credentials, as well as from employers who want their staff to upgrade their skills to move into supervisory and administrative leadership roles. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Metro readers'
Best friends

- Metro would like thank everyone who has sent in a picture of their pet, we'll try to publish as many as we can throughout the month of April.



Here are Vader, top, and Leia warming themselves up on some fresh laundry.

Here's Lemmy, rocking out on the piano.

Here's Kaya the puppy and Leyla; both Great Danes.

Here's Maximus wondering why a camera is being pointed at him.

Teaching an old dog a new trick

Paws and Claws

RAFAEL BRUSILOW
for Metro Canada

Training a dog to do tricks and stay off the couch is all about respect and dog trainer Boysie Punnett, 59, knows how to teach it.

Punnett is the founder of Mellow Vibes Irie Dog Training in Toronto's Roncesvalles neighbourhood where he teaches the furry friends how to respect human beings' commands.

Born in Caribbean island nation of St. Vincent and the Grenadines, Punnett lived on a farm where he learned to love all animals, as well as train dogs to be contributing members of the farm by hunting scavengers and protecting the farm from invaders.

Like most animals, dogs will behave with only as much restraint as they are taught to, so letting your dog run amok is not a good idea, Punnett says.

"Most dogs like to steal because they have no respect for their owners. When you have a dog jumping on your bed, when he takes your food whenever he wants, he ain't no dog," Punnett said.

When he first came to Canada, Punnett was surprised at how owners treated their dogs compared to back home, letting them run wild while feeding them foods laden with chemicals.

"My dogs eat what I eat because in the Caribbean that's how we do it. We cook food for our dogs," Punnett said.

He recommends people who are interested in training dogs need to find a good mentor first and they should leave their preconceptions about dogs at the pet store. Training a dog well starts with understanding who the boss is.

"You have to know how firm to be with every dog. The first thing to remember is that it's a dog. It's not a human being. You shouldn't treat it like a baby — you should treat it like a dog. It's all about respect," Punnett said.

Rather than using chains and leashes, Punnett prefers a gentler, non-coercive form of training because he believes it's more effective in the long run. He uses things like tambourines and verbal commands to signal to a dog when something is forbidden and over repeated exposure to jarring noise, a process Punnett jokingly calls "freaking out", he trains the dog to think before he misbehaves or does something without an owner's permission.

He says the best part about training dogs now is helping those dogs from difficult homes to learn to respect and enjoy human company again. "When I get a dog that has had a real unhappy life, it's rewarding for me to bring that dog around from that state. Seeing those dogs turn around, that's what gives me joy," Punnett said.

RAFAEL BRUSILOW/FOR METRO CANADA

Dog trainer Boysie Punnett gets Star to jump in the air. Punnett prefers using a gentler, non-coercive form of training dogs because he believes it works better in the long run.

website

- For more information on dog training go to melowvibesiriedogtraining.ca.

For more of the Paws and Claws exclusive series check Workology frequently or stop by: **metronews.ca/work**

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Algoma expects a 50% rise in enrolment

Algoma University is projecting an enrolment of 1,500 full-time equivalent students within 5 years — an increase of 50 per cent. The university is preparing the infrastructure for its proposed $40-million Bioscience and Technology Convergence Centre. METRO NEWS SERVICES

Nice guys don't finish last

Networking guru says successful people are honest and have integrity

DIANE PETERS
for Metro Canada

What makes some people more successful than others? Dave Howlett always wondered.

Six years ago, while working as the vice president of business development at an insurance brokerage, he observed it was the nice guys (and girls) who got ahead.

"It's what others say about you when you're not in the room," Howlett said.

Since he loved to speak publicly — he joined Toastmasters, an organization that helps people become better public speakers, about 15 years ago — he created a speech called Knocking Down Silos and it was a hit. The third time he did it, Howlett, 50, found himself speaking to 300 people.

Three years later, the public speaking was going so well, Howlett quit his job and created a new company called Real Human Being, which is based out of his home in Oakville and it quickly became a full-time gig.

> **"But if I put up a big poster and said: 'Come out and learn how to be a nice person.' No one would come, If I put: 'How to get a job and clients,' we'll get 300 people."**
> Dave Howlett

He starts his speech by asking — rhetorically — if anyone likes what's going on with the economy.

The he starts into his "good-news message." Howlett tells his audience that people remember what you do more in bad times than good. And that people can take control of their own destinies.

On one level, Howlett's talk is about networking. He offers up some networking skills and suggests that you don't just hobnob when you want something, but you need to make it a regular part of your life.

But he also has a powerful message about being a nice person who lives with integrity and honesty. He thinks truly successful people — those that do well in their personal lives and careers — got this way by thinking of others, not just themselves. He adds that these people also confident without being arrogant.

"But if I put up a big poster and said: 'Come out and learn how to be a nice person.' No one would come," says Howlett. "If I put: 'How to get a job and clients,' we'll get 300 people."

SUBMITTED PHOTO

Dave Howlett, who founded the Real Human Being, believes the key to success is being liked and respected by your colleagues.

CGAs can win a free steak dinner

APPRECIATION With tax deadlines looming Morton's The Steakhouse plans to honour the unsung heros of tax season — certified general accountants (CGAs).

To celebrate the end of the 2009 tax year Morton's has named April 30 as CGA Appreciation day and are offering CGA's a chance for a complimentary steak and seafood dinner for two.

CGA's who are interested should call Morton's at 416-925-0648 and submit their name, phone number and email address to enter. The winner will be randomly selected and must provide proof they are a CGA.

The dinner, valued at $119, comes with a filet, choice of seafood, side dish, salad and dessert.

METRO NEWS SERVICES

location

- Morton's Toronto location is at the Park Hyatt Hotel at 4 Avenue Rd., just north of Bloor Street.

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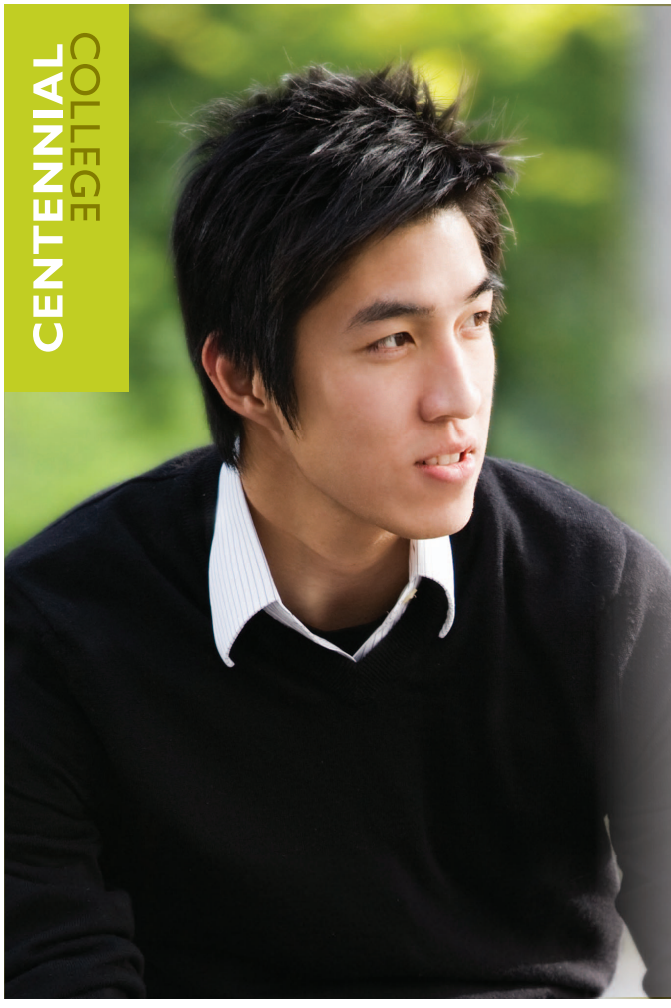

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Local students win national award
Toronto students from Maurice Cody Public School won best sound and best production design for their video Remembrance Day at the Panasonic Kid Witness News Awards held in Toronto yesterday. METRO NEWS SERVICES

Many laid off workers finding jobs

Despite it being one of the most challenging hiring environments in the nation's history, 41 per cent of workers who were laid off from full-time jobs in the last three months reported they found a new full-time, permanent position while another eight per cent found part-time work.

This is according to a survey from CareerBuilder that included 807 workers who were laid off from full-time jobs within the last 12 months. The survey was conducted between Feb. 20 and March 11, 2009.

"This is encouraging news for the 3.3 million workers who have lost their jobs in recent months," said Brent Rasmussen, president of CareerBuilder North America. "It's going to take longer to find a job in today's market, but there are opportunities out there in key areas such as healthcare, government, education, sales and technology. It's important to devote five hours or more to your job search every day, check online listings, talk to recruiters, join social networking sites — use all the resources you have available to you."

Forty-one per cent of workers laid off in the past three months were able to find a new full-time job.

More men than women who were laid off in the last 12 months were able to find full-time employment — 59 per cent of men compared to 49 per cent of women. Comparing age brackets, workers ages 35 to 44 were the most likely to find full-time jobs after a layoff at 68 per cent. Workers ages 18 to 24 were the least likely at 41 per cent.

Workers reported taking pay reductions and adjusting hours to keep a steady paycheck. Nearly half of workers (49 per cent) who were laid off in the last 12 months and landed new positions took a job with less pay; 15 per cent were able to negotiate higher compensation.

Workers said they are expanding their job search beyond their own backyard. Thirteen per cent of workers who were laid off in the last 12 months and found jobs relocated to a new city or state.

Workers reported they are repackaging their resumes for new areas of employment. Thirty-eight per cent of workers who were laid off in the last 12 months and landed new positions said they found work in a different field from where they were previously employed.

METRO NEWS SERVICES

Expert's tips

- CareerBuilder's Brent Rasmussen offers some tips on how to find a job in this market:
- Keep an open mind
- Go beyond the basics
- Relentlessly use social media
- Make yourself searchable

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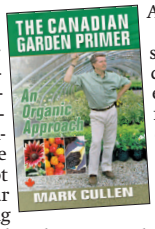
Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Ready to go and grow organic?



BOOKS Whether your garden oasis is a sprawling backyard or assembled in containers on a balcony, going organic is achievable wherever you opt to stick in your spade, according to one of Canada's best-known gardening experts.

Mark Cullen shares suggestions for grooming lawns and gardens in an eco-conscious fashion in his new book, The Canadian Garden Primer: An Organic Approach.

Cullen says the inspiration was mainly drawn from experience with Canadian farmers over the past decade and noticing an emerging interest in the environment as it relates to gardening.

What's more, concerns about the environmental costs of trucking in foods have boosted interest in eating locally, which was the goal of the 100 Mile Diet, he says.

THE CANADIAN PRESS

From field to fork

Understanding and identifying organically grown food products

DENISE SURETTE
for Metro Canada

Even in tough financial times, shoppers across Canada are choosing to buy organically grown food.

It costs a little extra, but for many chemical-free means worry-free.

If shoppers are paying the extra money for organically grown groceries, how can we be sure it's really organic?

Understanding exactly what it means to be organic is the first step, says Matthew Holmes, managing director of the Ottawa-based Organic Trade Association in Canada. He explains that the meaning of organic food comes from a whole system.

"Organic is a production system of growing and producing holistic food that is good for the earth," says Holmes. "From field to fork, all along the way it must be organic."

For consumers, this means there are standards set out that determine what farms need to do in order to be certified as organic by a third party, says Holmes.

These third parties must be able to have access to a farm's barn, fields, records and even check what type of cleaners are being used.

Once the farm has passed the grade they can use a certified organic logo on their packaging, which is what consumers need to look for. Normally located on the front of the package, the logo should clearly state the words "certified organic."

Choosing the right produce isn't just in the hands of shoppers — proprietors of organic goods often need to do research into certain brands before putting them on the shelves.

Co-founder and vice president of Planet Organic, an organic food store chain across Canada, Diane Shaskin says they often use the same growers year after year knowing they have a good reputation.

"We know they're certified organic," says Shaskin. "There's a paper trail that shows they are."

By July 2009 organic consumers will have even more reason to feel safe when buying organic products. The Canadian Food Inspection Agency will be stepping in to help police the organic industry, investigating farms and providing enforcement at Canadian borders.

The CFIA will provide a logo for all organic food in Canada making it easier for shoppers to identify organic food.

"It gives a total level playing field," says Holmes. "Consumers will be able to identify organic instantly."

EARTH DAY: APRIL 22
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ISTOCK PHOTO

By July 2009 the Canadian Food Inspection Agency will be stepping in to help police the organic industry by investigating farms and providing a logo for all organic foods.

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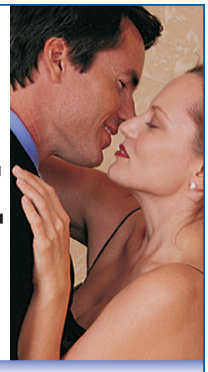

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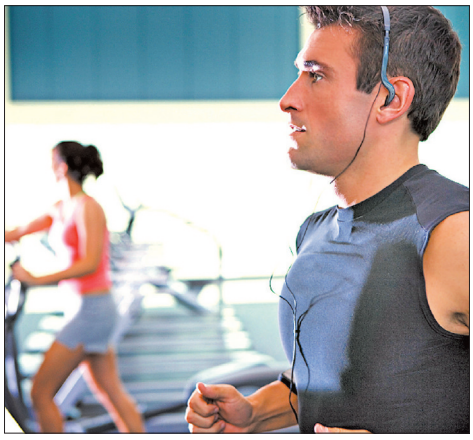

ISTOCK PHOTO

Fend off bone loss with exercise. For instance, activities like running and walking are known to build bone.

Ten reasons to exercise

CELIA MILNE
for Metro Canada

FITNESS Need an extra push to get active? Let the scientists writing for Harvard University's HEALTHBeat persuade you. Here's what exercise does for you:

1. Lowers your likelihood of getting heart disease. Exercise may help prevent plaque buildup and increase resilience in arteries as you age.

2. Lowers your blood pressure, which is good because hypertension is a risk factor for heart disease, stroke, aortic aneurysm and kidney disease.

3. Helps prevent diabetes by shaving off excess weight, lowering blood sugar levels, and boosting sensitivity to insulin.

4. Reduces risk for developing cancers of the colon, breast, endometrium (uterine lining), and prostate.

5. Fends off bone loss. Weight-bearing exercises like walking, running, and strength training are known to build bone.

6. Protects joints by easing swelling, pain, and fatigue. Strong muscles support joints and lighten their load.

7. May limit and even reverse knee problems by helping to control weight.

8. Lifts spirits by releasing mood-elevating hormones and relieving stress.

9. May boost your ability to fend off infection, as shown in several studies.

10. Adds years to your life. There is good science that shows this effect.

Premenstrual shopping?

U.K. study links periods with hormonal urges to spend

CELIA MILNE
for Metro Canada

Don't stand between a woman and that leopard-print purse she's eyeing at the mall.

She may be premenstrual, and it could get ugly. A new study in the U.K. has found that in the 10 days before their period, women may be under the influence of intense and powerful hormonal urges to shop.

"Spending was less controlled, more impulsive and more excessive for women in the luteal phase."
Karen Pine, professor

Professor Karen Pine from the University of Hertfordshire presented her theory to the British Psychological Society meeting in Brighton.

Her psychological study involved asking 443 women about their spending habits. She found that women in the luteal, or late, phase of their menstrual cycle were more likely to overspend in the shops. Many of them felt remorse later.

"Spending was less controlled, more impulsive and more excessive for women in the luteal phase," says Pine, explaining that it may be a reaction to intense emotions.

Women may also be "feeling stressed or depressed and are more likely to go shopping to cheer themselves up," she says.

Call it retail therapy.

Another force that may be at work is that women with premenstrual symptoms are buying things to make themselves feel more attractive — especially when they are fertile and ovulating, about 14 days before they get their period.

Metro's advice: Just stay out of the way and say, "That looks really good on you."

ISTOCK PHOTO

A recent study found that women were more likely to overspend in the 10 day preceding their periods.

Are you bugged by bed bugs?

REPORT You're just not that into them. In fact you hate them. They appear in bed uninvited. They're home bodies — lurking in mattresses and cushions — but they also love to travel. They are bed bugs, and they're more of a pest this year than usual.

An April report in the Journal of the American Medical Association (JAMA) said that there has been a worldwide explosion of bed bugs. It doesn't appear to be a hoax: major cities like Toronto are reporting that bed bugs are a growing nuisance.

If you have bed bugs, it doesn't mean that you are dirty. It means that someone has brought them into your home or apartment building, and you've got a challenge on your hands: the pests are tough to get rid of. Even hotels, clubs, subways and movie theatres can be infested. "Five-star hotels are just as susceptible as little cheap ones," reports JAMA.

Bed bugs bite humans, usually at night. Although their bites are itchy and ugly, these insects don't transmit infectious diseases.

If you have bed bugs, you may need to call a professional pest control company and also vacuum the affected areas thoroughly.

Wash linens in the hottest water possible and put them in a hot dryer for 20 minutes.

CELIA MILNE/
FOR METRO CANADA

ISTOCK PHOTO

An April medical report said that there has been a worldwide explosion of bed bugs.

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Recycled facial tissue
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Female-friendly porn

Films with positive sexual images for women

The J Spot
Josey Vogels
metronews.ca/thejspot

Despite the fact that The Feminist Porn Awards are about to celebrate their fourth year this Friday in Toronto, feminism and pornography still aren't exactly obvious bed partners.

The relationship may no longer be quite as hostile as it was back in 1980 when feminist author Robin Morgan famously quoted that: "Pornography is the theory and rape is the practice."

But many women still view porn as degrading to women and simply an indulgence of unrealistic male fantasies. As a result, many women have a less than warm, fuzzy feeling about the stuff.

Granted, plenty of it is, well, less than female friendly. But, the fact is, pornography has changed a lot in recent years with one of the fastest growing market being porn aimed at couples.

An increasing number of women directors have entered the fray and brought a female perspective to what has traditionally been a male-dominated industry.

Good For Her, the Toronto-based women-friendly sex shop (goodforher.com) started The Feminist Porn Awards — known as The Emmas, named after Canadian pro-sex feminist pioneer Emma Goldman — to celebrate this.

Chanelle Gallant, the former manager of Good For Her and founder of the Feminist Porn Awards, explains that feminist porn is all about creating "sexual images that make us feel good about ourselves and about sex."

Winning films have to meet three criteria: a) they had to show genuine female pleasure (in other words, no faking it) b) they had to be directed or produced by a woman and c) they had to "expand the range of female sexual expression currently seen in pornography."

For Tristan Taormino, a former Village Voice columnist turned porn director (and previous Emma award winner), feminist porn "is all about creating a fair working environment and empowering everyone involved — both men and women — to have a say in the representation of their sexuality rather than simply having me tell them what to do."

Not every woman (or man, for that matter) has to like porn or even support its existence, I just think that those who do, deserve something better.

As I remember someone saying the first year I attended the awards: "The answer to bad porn isn't no porn, it's better porn."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Awards time

- The Fourth Annual Feminist Porn Awards take place Friday at the Berkeley Church (315 Queen St. E.). For more info, go to: goodforher.com

ISTOCK PHOTO

The Feminist Porn Awards celebrate films that offer a female-perspective to what has traditionally been a male industry.

Black girls more likely to be bulimic

STUDY Black girls are 50 per cent more likely to be bulimic than girls who are white, according to a U.S. study.

This finding may shock those who have a strong image of the typical girl who binges and purges to look like a Gossip Girl character.

The study blasted another myth about bulimia: It is not an illness of privilege. Girls from the lowest income families were 153 per cent more likely to be bulimic than those in the highest income bracket.

More than 2,300 girls in California, Ohio and Washington, D.C. were enrolled in the study.

CELIA MILNE/ FOR METRO NEWS SERVICE

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Greening your intimate life

10 ways to make sex good for the planet, too

LAURIE PAWLIK-KIENLEN
for Metro Canada

Sex can improve your memory, strengthen your sense of smell, reduce stress, and boost your immune system. If you toss in a little green, sex can be good for the planet, too.

Here are 10 ways to make your sex life a little more eco-friendly.

1. Go green together

When an opportunity to try something new as a couple arises, whether it's choosing a massage oil or a new toy, go "au naturel." Greening your intimate life can strengthen your relationship by giving you a fun, healthy focus in the bedroom. Simply discussing greener possibilities can spark up your love life; actually trying them may fan the flames of desire.

2. Consider your birth control

The Pill is a popular choice, but it's not a green one. "Whether from the Pill, the patch or hormone injections, synthetic estrogen makes its way into (our waterways) and has been shown to alter the apparent gender of fish," says Gillian Deacon in Green for Life. More eco-friendly birth control methods include the IUD and latex or lambskin condoms (thrown in the garbage afterwards, not flushed down the toilet).

3. Massage with natural oils

Numerous shops offer natural, organic massage oils and lotions. One, Naked Soapworks on Bowen Island, B.C., makes bath and body products without artificial colours, stabilizers or preservatives. "Our Kama massage oil is scented with a blend of reputed aphrodisiacs, including rose, jasmine and ylang ylang," says Naked creator Laurel Bailey, who adds that the same blend is also available to be used in room sprays, diffusers or the bathtub.

4. Bask in the light of beeswax, soy or vegetable candles

Make sure your lighting is both warm and clean. "The soot from paraffin candles can cause respiratory damage, scented candles are loaded with chemicals, and the wick is likely made with lead," writes Deacon in Green for Life. "Natural waxes burn longer, cleaner and more evenly than paraffin, without putting oily soot into the air."

5. Frolic on organic bamboo sheets

Bedding can be healthy as well as sensuous. The experts at TreeHugger.com, a "green solutions" website, report that bamboo bedding is softer than cotton and drapes like silk. Bamboo wicks moisture away from your skin and comes from a renewable resource that is rapidly replenished. Other eco-friendly linens include organic cotton and hemp silk. They're typically grown without pesticides or other harsh chemicals, and bamboo is also naturally antibacterial.

ISTOCK PHOTO

Opt for an eco-friendly approach to sex by using organic massage oils and bamboo bedding.

EARTH DAY: APRIL 22
Go Green

6. Consume less energy

Instead of watching a sexy video, turn out the lights and turn up the natural flames by whispering your intentions in your partner's ear. You don't have to be explicit to trigger a rush of excitement and adrenaline. Saying, "Now, I'm going to massage your biceps as I nibble on your ear," and describing your own feelings.

7. Explore your racy side

Greenpeace reports that some sex toys contain phthalates, which can damage reproductive organs, disrupt the body's ability to regulate hormones and harm the kidneys and liver. Phthalates are chemical softeners used in polyvinyl chloride, or PVC, to increase flexibility. So skip the vinyl and venture into the green world of PVC-free rechargeable, glass or solar vibrators.

8. Lube it up naturally

Your more delicate areas are highly vascular, which means they contain blood vessels that connect directly to your bloodstream, and may need lubrication. Check the ingredients in the lubricants you use, and avoid any that contain petroleum or other chemicals. Two companies that offer natural lubes are Sensua Organics and CollectiveWellbeing.com.

9. Tinkle afterward

"Urinating after sex is good for the environment," says Heather Stephenson, co-founder of IdealBite.com, a website bubbling over with green tips. How is tinkling green? "Antibiotics are prescribed for urinary tract infections, which can be prevented by peeing after sex." Some of the antibiotics you take aren't absorbed by your body but are excreted into the water system. And too many people flush unused antibiotics down the toilet, which could affect not only the environment but also human health.

10. Bask in a green afterglow

Enjoy your postcoital snuggle in a green sleep sanctuary. Easy ways to create an eco-friendly bedroom include using environmentally friendly laundry detergents to wash bedding — in cold water — and, when the old one gives out, investing in a natural foam or rubber mattress. Bigger green steps include removing and not replacing worn-out wall-to-wall carpeting and buying furniture made only of eco-friendly materials.

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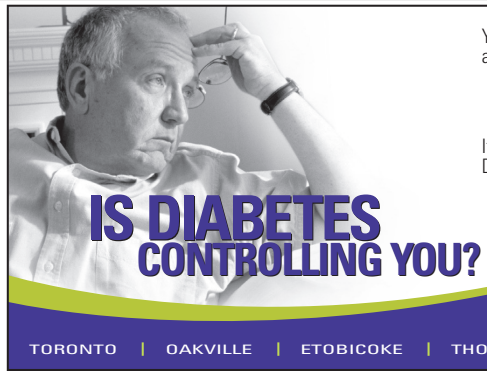
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Oprah cancels Columbine show

Oprah Winfrey has pulled a show focused on the 10th anniversary of the killings at Columbine High School, telling her Twitter followers she "thought it focused too much on killers" Eric Harris and Dylan Klebold. The talk show guru didn't elaborate on the decision. POPEATER.COM

Entertainment

Madge appeals

A Supreme Court of Appeal panel will convene on May 4 to hear an appeal filed by Madonna against a Malawi High Court decision to stop her from adopting a Malawian girl. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Musical revolution

Demise of CDs having positive impact on the environment

IAN NATHANSON
for Metro Canada

If you're a music fan with a sizeable collection of compact discs, adding to that library is threatening to become a thing of the past.

At this very moment, we're knee-deep in the age of MP3 players and digital downloading. With digital album sales on a rise, somewhere in the three million range, sales of the once-mighty CD have been on a downward spiral for much of this decade. Estimates from Nielsen SoundScan show that CD sales have dropped to 428 million. The number of CDs sold in 2004, according to Rolling Stone magazine, was 667 million.

When the CD first rose to popularity in the 1980s, it boasted several advantages to its predecessor, the vinyl record. You could play it on multiple platforms — home stereo, computer, car stereo, portable CD players. More songs could be squeezed onto a CD. A slightly scuffed disc could still be played. Plus, there was a capability of skipping from one song to another on a CD (try finding a "shuffle" feature on a turntable).

Convenience factor and mass demand aside, the CD wasn't wholly accepted by the public.

Environmentalists and green-conscious artists also frowned upon the CD and its packaging. As the U.S. Environmental Protection Agency (EPA) explains, the disc itself is comprised of materials that include aluminum, polycarbonate plastic, lacquer, gold and petroleum-based dyes.

And the plastic jewel case, which houses the CD and its accompanying oft-glossy booklet, was discovered to be non-biodegradable. Eco-friendly record label Earthology points out that when these cases are no longer needed, it either "sits … in landfills or is incinerated, which releases dioxin into the atmosphere, one of the most toxic carcinogens on the planet." The cases themselves, Earthology continues, are "made up of 85 grams of PolyVinyl Chloride (PVC). The production of these petrochemical plastics releases dangerous toxins into the atmosphere."

According to the U.S. Environmental Protection Agency, the compact disc is made up of aluminum, polycarbonate plastic, lacquer, gold and petroleum-based dyes. The plastic jewel case, which houses the CD and its accompanying oft-glossy booklet, is non-biodegradable.

EARTH DAY: APRIL 22
Go Green

The music industry ultimately responded to the jewel-case uproar by packaging CDs in more environmentally friendly Digipaks, jewel case alternatives made of paperboard.

It's certainly a favourite among today's Canadian indie artists.

In the U.S., major-label Universal, for instance, manufactures CDs for Jack Johnson's Brushfire Records by using recyclable plastic CD trays. The lesser-known Earthology label use jewel cases made of 100 per cent recycled/reclaimed and use nontoxic soy inks. And Indianapolis-based Plastic Recycling Inc. actually recycles used CDs and jewel cases and ship these off to be transformed as auto parts.

The LP, limited a music medium as it is, at least is made of vinyl and housed in cardboard and paper sleeves — all recyclable. (For the, um, record, Rolling Stone reported that vinyl LP sales have surged upward — to around the 1.9 million mark.)

But unless you're a hardcore audiophile, MP3 sound files benefit from the number that can be stored onto an MP3 player, a computer or what not. Plus, there isn't any known stat that an MP3 can spew harmful gases into the atmosphere. So it seems the planet is spared from any further harm.

Ghomeshi to host Dora Awards

Ghomeshi

THEATRE Here's one gig where CBC Radio One host Jian Ghomeshi won't field attitude for mentioning a star's acting career.

The Q host, who recently ticked off actor-musician Billy Bob Thornton when he briefly touched on his film background in an interview with his band, will emcee the Dora Mavor Moore Awards this summer.

The Doras, now into their 30th year, are Canada's version of New York's famed Tony Awards and honour talent in Toronto's performing arts industry. They'll take place June 29.

Ghomeshi's interview with Thornton and his band, the Boxmasters, made international headlines earlier this month after the film star grew belligerent because he didn't want his extensive acting work brought up. THE CANADIAN PRESS

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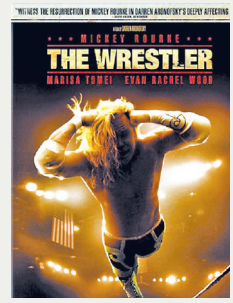
DVD picks

The Wrestler

Director: Darren Aronofsky



MICKEY ROURKE'S the Dickensian focus of Darren Aronofsky's humane, soulful and occasionally humorous portrait of life on the way down from the top.

Rourke's Randy (The Ram) Robinson once enjoyed top-bill success and income, but now he plays for chump change on the nostalgia circuit.

Randy's brutal passion has cost him his marriage, estranged him from his daughter Stephanie (Evan Rachel Wood) and taken a toll on his health. He still pumps his body full of steroids, but now he's also addicted to painkillers for a chronic back problem. His heart tells him that he's living on borrowed time.

His only comfort is a nightclub stripper named Cassidy (Marisa Tomei) whose interest in Randy may be purely professional.

The film is a triumph on many levels, not least of which is Rourke's return as an actor of reckoning. He should have won this year's Best Actor Oscar. Also worthy of applause is Aronofsky's return, after the indecipherable astral indulgence that was The Fountain, to the well-deep drama that Requiem for a Dream proved him capable of nearly a decade ago.

Pity the extras are so lightweight. My review copy has just the Springsteen video of the title song. Are they saving a Rourke commentary for a deluxe edition?

Frost/Nixon

Director: Ron Howard

A CHAMPIONSHIPP BOUT between anxious egotists, a journalist and a politician who seek to buff their images as much as to make history.

There's a third antagonist in the picture, symbolic yet no less real. It's television, which, through its seduction of the masses, created indelible images of British interviewer David Frost as a showbiz dandy and disgraced former U.S. president Richard Nixon as a sweating fugitive.

The TV-induced insecurities of the two men are tipped early in Ron Howard's persuasive film about their totemic 1977 encounters, as both Frost and Nixon (with Michael Sheen and Frank Langella faithfully reprising their original stage roles) grapple with broadcast misconceptions.

The extras are generous. They include a commentary track by Howard, deleted scenes, and several featurettes. The latter includes something of genuine historical value: "The Real Interview" offers a seven-minute glimpse of how the real Frost and Nixon looked on TV. Sheen and Langella compare well.

TORSTAR NEWS SERVICE

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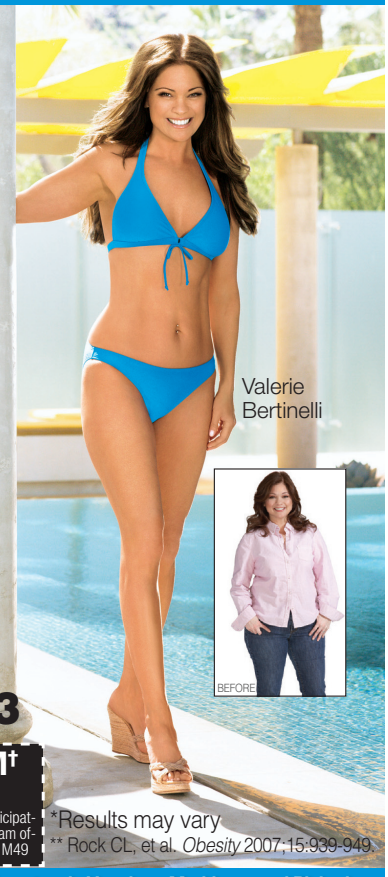

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Slumdog Dad's denial

The father of Slumdog Millionaire star Rubina Ali has denied a report in Britain's News of the World that he allegedly offered to sell his nine-year-old daughter for nearly $300,000. USMAGAZINE.COM

Reid, Walker, Clark to perform at Canadian Country Music Awards

Reid

MUSIC A few of the standouts from the last instalment of the Canadian Country Music Awards will return to perform at this year's show.

Last year's male artist of the year, Johnny Reid, and top trophy winners Doc Walker and Terri Clark are scheduled to take the stage at Vancouver's GM Place on Sept. 13.

Doc Walker took home five awards in last year's show and recently won a Juno for country recording of the year.

Nominees for the show will be announced July 29.

The show's executive producer, Scott Henuset, said more performers would be announced soon.

"This is just the tip of the iceberg in terms of talent," he said. "This stage will see the best and brightest that Canada has to offer as well as a few international superstar guests soon to be announced." THE CANADIAN PRESS

ACTRA fights for labour standards

Too many artists and performers live in poverty because they don't share the same employment standards and protections as most other workers, a delegation of some of Canada's most prominent stars said yesterday.

Actors Gordon Pinsent, Wendy Crewson, Peter Keleghan and Art Hindle joined their union, ACTRA Toronto, to lobby the Ontario government for the same basic rights that they say many other workers take for granted.

They also want better protections for child performers written into law instead of merely having guidelines for their union.

"Child actors are actually protected well under ACTRA, but they have no protections outside of that except for guidelines that have no teeth," complained Keleghan, star of The Newsroom and The Red Green Show.

"There's no consequence for abusing a child's hours or anything else, which is extraordinary."

ACTRA, which has over 15,000 members across the country, said artists earn about 37 per cent less than the average worker in Canada. The actors had three specific goals for their meetings with Ontario politicians; include artists in the province's Employment Standards Act; confirm collective bargaining rights for actors; and provide firm legal protections for child performers.

ACTRA pointed out that government reports have cited cultural industries as one of the key sectors vital to Ontario's economic future. However, they complained the Liberal government has done little to help artists other than passing a Status of the Artist bill that they say had virtually nothing in it.

"Despite being crucial to Ontario's economic well-being and the cultural vitality, growth and development of our province, many artists live on the poverty line," growled Pinsent. THE CANADIAN PRESS

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No bikini, no show: Anderson

Pamela Anderson wants to host a vegan cooking show in a bikini. The former Baywatch actress would only star in another TV program if she was allowed to don skimpy swimwear and film the series on a beach. FEMALEFIRST.CO.UK

Symbol to follow Code

Bestselling author Dan Brown announces new thriller

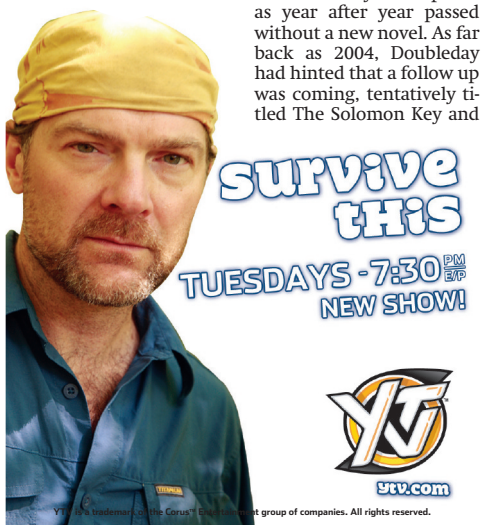
At last, a new Dan Brown novel is coming.

Six years after the release of his mega-selling The Da Vinci Code, the Knopf Doubleday Publishing Group announced that Brown's The Lost Symbol, a thriller set during a 12-hour period and featuring Da Vinci Code symbolist Robert Langdon, will come out Sept. 15 in the United States and Canada.

"This novel has been a strange and wonderful journey," Brown said in a statement issued yesterday by his publisher. "Weaving five years of research into the story's twelve-hour time frame was an exhilarating challenge. Robert Langdon's life clearly moves a lot faster than mine."

The first printing will be five million copies, Knopf Doubleday said, a modest number considering that The Da Vinci Code has sold more than 80 million worldwide and inspired a spin-off community of travel books, diet books, parodies and religious works.

A film version, starring Tom Hanks, came out in 2006 and made more than $700 million at the box office. Hanks will again be seen as Langdon when the adaptation of Brown's Angels & Demons debuts in May.



Brown, 44, had kept his readers and the struggling book industry in suspense as year after year passed without a new novel. As far back as 2004, Doubleday had hinted that a follow up was coming, tentatively titled The Solomon Key and widely believed to be about Freemasons in Washington, D.C.

Yesterday's announcement did not say where the story would be set or who it would be about (other than Langdon) and Doubleday spokeswoman Suzanne Herz declined to offer further information.

In The Da Vinci Code, a murder at the Louvre museum in Paris sets Langdon on an investigation that includes secret religious cults and speculation that Jesus had fathered a child with Mary Magdalene.

Inspired in part by the commercial fiction of Sidney Sheldon, Brown is an Amherst College graduate who has said he long gave up on the idea of being a literary writer and instead wanted to write novels read by many.

But neither the author nor his publisher nor booksellers expected such a boom for The Da Vinci Code, his fourth novel, which remained on best-seller lists for more than three years and made million sellers out of such previous books as Deception Point and Angels & Demons.

THE ASSOCIATED PRESS

The Price is Right, the prize is green

TV Green prizes are coming on down at The Price Is Right.

In observance of Earth Day, tomorrow's episode of the CBS game show will feature environmentally friendly products including cellphones made of recycled materials, solar charging equipment and a recycling cabinet.

Environmentalist and actor Ed Begley will introduce a showcase that includes an electric bike, golf cart and Toyota Prius hybrid car. Trips offered during the show will be paired with donations to offset carbon emissions.

GETTY IMAGES

Host Drew Carey in action during the CBS game show The Price Is Right.

EARTH DAY: APRIL 22
Go Green

CBS soap operas As the World Turns, The Young and the Restless and Guiding Light will recognize Earth Day within their sudsy plots, and Lesley-Anne Down of The Bold and the Beautiful will appear in a public service announcement.

"More than ever there are things that we can do that are really simple to do," said Barbara Bloom, senior vice-president of daytime for CBS.

"We can do that as people who supply entertainment. We are a powerful tool for messaging. I just wanted to remind people that it's very easy to keep this in your consciousness as you go through your life."

THE ASSOCIATED PRESS

TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/21/09 primetime	265	353	2	TVO	Canadian Waterways		The Agenda With Steve Paikin		The Fixer		Around the World		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Murder 2.0"		90210 (HDTV) (N)		Cold Blood		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	To Be Announced		NHL Hockey: Western Conference Quarterfinal Game 4 -- Canucks at Blues					NHL Hockey: Conf. Quarterfinal	
	214	344	7	CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends	Curb-Enthsm	Curb-Enthsm	News (N)
	212	313	8	CTV	etalk	Hollywood	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210		News (N)
	137	763	13	TFO	Panorama		La Révolution de l'imagerie		La Vie est un roman ★★★ (1983, Fantastique)				Tournants
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	The Witches of Eastwick ★★★ (1987, Fantasy) Jack Nicholson, Cher.					The DVD Show	Becker
	-	387	16	CBS	Inside Edition	Hollywood	Big Bang Th	Two/Half Men	NCIS "Murder 2.0"		The Mentalist (HDTV)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars		(10:02) Cupid (N)		News (N)
	219	346	20	ACH-B	Instant Star	TMZ (N)	Reaper (HDTV) (N)		Dancing With the Stars		(10:01) Without a Trace		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		(9:01) Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		Frontline "Poisoned Waters" (HDTV) (N) (DVS)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Reaper (HDTV) (N)		90210 (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
news	502	390	26	NW	CBC News	Newman	Planet Earth		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Scam of the Century: Madoff		On the Money		Mad Money
sports	405	417	22	net	MLB Baseball Texas Rangers at Toronto Blue Jays. From Rogers Centre in Toronto. (Live)						Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey: West Quarterfinal -- Red Wings at Blue Jackets					NHL Hockey	SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Departures "Cambodia"		Mantracker "Buck & RJ"		Bounty Hunter	Bounty Hunter	Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	551	542	25	YTV	Adrenaline Proj	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	570	580	29	MM	The O.C.		Instant Star	Instant Star	CollegeHmr	Video on Trial	Degrassi: TNG	Degrassi: TNG	The Shift
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 "Blindsided"		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Caritas	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Darius Rucker
	616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	Saving Grace (N)		House
	620	523	40	BVO	In the Shadow of the Blues		Live at the Rehearsal Hall		Liza With a Z: Concert		Bravonews	Cabaret	Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "Requiem"		Sandhogs "3745 Feet"		Crime Stories		NCIS "Requiem"		Sea Hunters
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Roast of Jeff Foxworthy		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	House-Payne	House-Payne	Disclosure ★★★ (1994, Suspense) Michael Douglas, Demi Moore.				
	576	582	49	BET	106 & Park		Deep Blue Sea ★★ (1999, Science Fiction) Thomas Jane.				College Hill	College Hill	Deep Blue Sea
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ultimate Super Heroes-Villains		Stargate SG-1
	581	566	52	MTV	Mom & Dad	After	MTV News	Cribs	Real World-Road Rules		College Life	Beatdown	MTV Live
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		La Fièvre de la danse (SC)		Nos étés (HDTV)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "Puzzle Box"		Missing A pop star disappears.		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1	(6:55) Becoming Jane ★★ (2007, Biography)				Sex and the City ★★★ (2008, Romance-Comedy) Sarah Jessica Parker.				
	305	612	306	PIX	For Your Eyes	(7:20) Scream of Stone (1991, Drama)			Lucky Numbers ★ (2000, Comedy) John Travolta.				Blood Simple

critics'corner

Lucky Numbers
It takes a deft touch to do dark comedy well. Sadly, Nora Ephron lacks that touch as a director. But screenwriter Adam Resnick can share part of the blame for cluttering the script with unlikable characters. John Travolta stars as a TV weatherman who hatches a scheme with his girlfriend, the station's lottery-number-drawing girl, to rig the drawing. 12 PM on PIX

The Biggest Loser
Trainers Bob Harper and Jillian Michaels take the contestants to a grocery store to learn how to shop healthy on a budget! These days that actually is kind of exciting. Also, the contestants compete in a trivia challenge to win an all-expense-paid trip to New York. 8 PM on E! NBC

Deadliest Catch
As the hit reality series returns for a new season, there's more white-knuckle seafaring in store as the crews of the fishing boats Time Bandit, Cornelia Marie, Wizard and Northwestern compete to pull in the biggest catches of Alaskan king crab. 10 PM on DIS

Madge's fall not my fault: Photog

PEOPLE The photographer blamed for startling the horse that tossed Madonna to the ground over the weekend is speaking out, saying he is not responsible for the accident. Paparazzo Thomas Hinton admits that he was the only person taking pictures of the singer's afternoon ride in the Hamptons, but he insists he left before Madonna fell. "If I had startled the horse, I would have gotten pictures," Hinton told TMZ.

METRO NEWS SERVICES

In brief

TV The Gospel Music Channel will shine the spotlight on American Idol. From Idol to Inspiration, a one-hour that documentary explores the effect of the singing competition on Christian music, premieres Thursday. THE ASSOCIATED PRESS

HollywoodRants

Steve Gow

Read the blog at metronews.ca/hollywoodrants

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Ellen's new family

Grey's Anatomy star Ellen Pompeo and her husband, Chris Ivery, are starting a family together, her rep, Jennifer Allen, confirms to people.com "It's great news," says Allen. "They're ecstatic." METRO NEWS SERVICES

Celebrity Buzz

Rupert denies having work done

IMAGE Rupert Everett has vehemently denied accusations he has undergone cosmetic surgery — following a string of Internet rumours suggesting he had a facelift, femalefirst.co.uk reports.

A picture of the actor looking noticeably fresh-faced and wrinkle-free surfaced online earlier last week following the star's recent appearance on Rachael Ray's TV show.

The image has fuelled speculation that Everett, 49, has resorted to drastic measures in a bid to gain a more youthful appearance. But a spokesman for the star is adamant he has not undergone any cosmetic procedures.

The rep tells British newspaper the Daily Mail, "Why would Rupert need any surgery? He's a beautiful man. Any speculation is completely laughable. He hasn't had anything done and he doesn't need it."

METRO NEWS SERVICES

A-list crowd celebrates Kate's 30th

PARTYING Kate Hudson, whose actual 30th birthday was Sunday, bid farewell to her 20s with a star-studded blowout birthday bash Friday night in Pacific Palisades, Calif.

Noticeably absent? Owen Wilson, the actress' on-again-off-again beau. Not that the party — at the home of Hudson's mom, Goldie Hawn, 63, and her partner Kurt Russell, 58 — lacked for a jaw-dropping roster of A-List guests, including Demi Moore, Ashton Kutcher, Justin Timberlake (though without girlfriend Jessica Biel), Matthew McConaughey, Tobey Maguire, Jessica Alba, Cash Warren, Gwyneth Paltrow and husband Chris Martin, Gwen Stefani, Eva Mendes, Adam Sandler, Zach Braff — even Cher. "Kate was elated, dancing all night, having the time of her life — and she looked amazing in a very sexy little dress and (Christian) Louboutin heels," a source tells People.

METRO NEWS SERVICES

Teri makes Nicollette a farewell gift

CURTAINS Nicollette Sheridan's character Edie Brit finally bit the bullet on Sunday's Desperate Housewives. Her death took place in the first few minutes of the episode: She was driving home and crashed into a utility pole.

While she may have left Wisteria Lane, Sheridan did not leave empty handed. Teri Hatcher made Sheridan a scrapbook before she left, usmagazine reports. "I pulled pictures from all the different seasons and magazine articles and quotes, shots from the awards — everything we've all done together over the five years," she said.

Sheridan recently complained to TV Guide that she felt creator Marc Cherry ignored her on the show and that that was one of the reasons why she was leaving. But co-star Dana Delaney tells Us, "You know, it's a huge cast. It's easy to say that, but I think she had as much screen time as anybody else did."

METRO NEWS SERVICES

Mel heads to church

GOOD BEHAVIOUR Mel Gibson, who spent last week in Costa Rica following news of his pending divorce, traded his beach clothes for a suit and tie so he could attend his private church in Malibu, Calif. on Sunday, people.com reports.

"He was drinking coffee with church guests and seemed very relaxed," a churchgoer said about Gibson, who mingled with the other congregants for about an hour after mass.

Before Sunday, the actor-filmmaker was spotted near his sprawling estate in Costa Rica just days after his wife Robyn filed for divorce after 28 years of marriage. Gibson, 53, has been recently linked to Russian musician Oksana Grigorieva, 39.

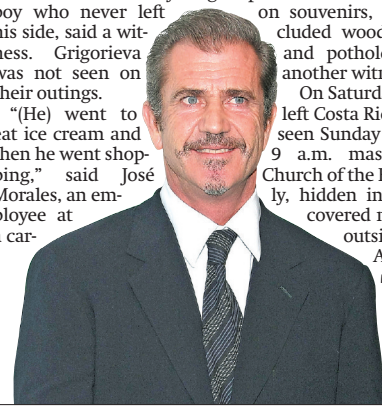
The actor, who appeared to be on vacation, was not alone. He was spotted with a blonde-haired woman, a man in his 20s and a young boy who never left his side, said a witness. Grigorieva was not seen on their outings.

"(He) went to eat ice cream and then he went shopping," said José Morales, an employee at a car-rental agency, who spotted the group last week.

The visitors ordered espresso and double-scoops of ice cream before Gibson spent more than $500 US on souvenirs, which included wooden bowls and potholders, says another witness.

On Saturday, Gibson left Costa Rica. He was seen Sunday attending 9 a.m. mass at the Church of the Holy Family, hidden in the tree-covered mountains outside of Los Angeles.

METRO NEWS SERVICES



Are Jen and Gerard reviving TIFF fling?

SPECULATION It seems that Jennifer Aniston isn't hanging around after splitting from John Mayer for the umpteenth time as she is reportedly romancing Gerard Butler, femalefirst.co.uk reports.

The former Friends star broke up with Mayer last month after a tumultuous on/off relationship.

The actress approached Butler to star alongside her in forthcoming movie The Goree Girls — and their working partnership could become something more after the pair enjoyed a short-lived romance last year, according to Britain's Mail on Sunday newspaper.

"They had a fling at the Toronto Film Festival last year but it was all kept very quiet," a source tells the publication. "Now Jennifer's single again, she's no longer keeping her admiration for him secret."

Aniston and Mayer have dated on and off since April 2008. But Aniston and Butler sparked romance rumours at the Toronto International Film Festival in September.

METRO NEWS SERVICES

Lindsay's 'back on men' with a vengeance

REBOUND Lindsay Lohan is "back on men" and left a Las Vegas party with a mystery male on Saturday, femalefirst.co.uk reports.

The actress, who was recently dumped by DJ Samantha Ronson following a year-long romance, was seen flirting with the unnamed hunk at Planet Hollywood Resort and Casino in Las Vegas — the venue for the after-party for Mel B's new burlesque show Peepshow. A source said: "Lindsay had a brilliant time watching Peepshow and was cheering and clapping throughout.

"At the after-party she focused her attentions on a good looking young guy and the pair were quickly introduced. After swapping numbers they were texting throughout — from opposite sides of the swimming pool." Lohan and her new friend hit it off so well they left the event together and reportedly ended up at the actress' lavish hotel room.

METRO NEWS SERVICES

Will Naomi settle down in Moscow?

RELOCATION Naomi Campbell is reportedly planning to move to Russia to set up home with her billionaire boyfriend. The beauty has been dating Vladislav Doronin since May and divides her time between her homes in London and New York.

But Campbell want to settle down with Doronin and plans to make Moscow her new base, according to Britain's Mail On Sunday.

A friend of the model tells the publication, "Naomi and Vladislav are inseparable and she has been spending more and more time in Moscow."

METRO NEWS SERVICES

Amy's only just heard about Blake

BREAKUP BLUES While news broke last week that her estranged husband, Blake Fielder-Civil, had allegedly impregnated another woman, Amy Winehouse didn't learn of it until just now because she was in a hospital in St. Lucia after collapsing from a three-day drinking binge, according to News of the World.

"Blake's got a new life away from me now, it's not anything to do with me," Winehouse was reportedly heard saying through tears. "That better be a mistake or I'll beat his head in."

METRO WORLD NEWS

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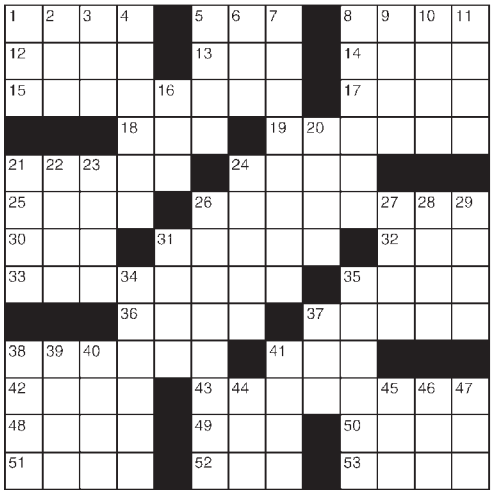


Crossword across

1 Did some weeding
5 Cudgel
8 "National Treasure" actor
12 Roundish hairdo
13 Inventor Whitney
14 Rainbow
15 Just lie there
17 Gridlock elements
18 Deity
19 Within one's power
21 Xbox enthusiast
24 Crow or crane
25 "Metamorphoses" poet
26 Military headquarters
30 Automaton, for short
31 Leans to one side
32 Singer DiFranco
33 Cameo's opposite
35 Shell-less snail
36 Mah-jong piece
37 Tether
38 "— Preacher Man"
41 Vast expanse
42 Related (to)
43 Hamburger's hello
48 1492 vessel
49 Greek vowel
50 Pop choice
51 Carina
52 Tatter
53 Basin accessory

Crossword down

1 Owns
2 Frequently
3 Mound stat
4 Followed relentlessly
5 Rosary component
6 Elev.
7 Included as a part of
8 Locust
9 Speedy steed
10 "You go, —!"
11 Being, to Brutus
16 Neither mate
20 Table scraps
21 Asian desert
22 Shakespeare's river
23 Catcher's prop
24 Prove untrue
26 Pirate
27 Festive
28 Responsibility
29 At hand
31 Workweek's end initials
34 Lacking a musical key
35 Rap session?
37 Director Spike
38 Foundered
39 "Grapes of Wrath" type
40 Baseball team
41 Unescorted
44 Actress Hagen
45 AAA job
46 Hearty quaff
47 Needlefish

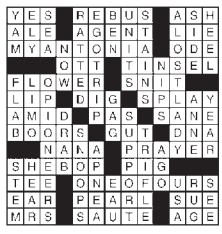
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9	4	6		3	5	8	
1	2						3	6
		7	5		9	6		
	6			4			2	
		1	2		8	7		
8	5						7	1
	1	2	8		4	3	6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	1	8	4	7	6	5	9	3
3	7	5	1	9	2	6	8	4
9	4	6	3	5	8	2	1	7
4	2	9	5	8	7	1	3	6
7	5	1	6	4	3	8	2	9
6	8	3	2	1	9	7	4	5
5	3	7	9	2	1	4	6	8
8	9	2	7	6	4	3	5	1
1	6	4	8	3	5	9	7	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Herb and Saffron Risotto

INGREDIENTS:
1 tbsp (15 ml) butter
1 tbsp (15 ml) extra-virgin olive oil
1 small onion, chopped
1 3/4 cups (425 ml) risotto rice
2/3 cup (150 ml) dry white wine
Small pinch saffron strands
1 3/4 qt (1.75 L) vegetable stock, hot
Fresh-grated zest of 1 lemon
2 tbsp (25 ml) lemon juice
2 tbsp (25 ml) snipped fresh chives
2 tbsp (25 ml) chopped parsley
Salt and fresh-ground black pepper

TO SERVE:
1/2 oz (14 g) piece Parmesan cheese
Snipped fresh chives

METHOD:
1. Melt butter with oil in large pot over medium heat. Add onion and sauté until soft, stirring occasionally, 4 to 5 minutes.
2. Add rice and stir 1 minute. Stir in wine and boil until almost evaporated.
3. Stir saffron into hot stock. Add ladleful of stock to pot and slowly boil until absorbed, stirring frequently. Continue adding stock ladlefuls, letting each be almost absorbed before adding next, and stirring frequently. Total cooking time: 15 to 20 minutes. Risotto is ready when rice is tender but grains are still whole and firm, and overall texture is moist and creamy.
4. Remove pot from heat and stir in lemon zest and juice, chives and parsley. Season with salt and pepper to taste.
5. Using vegetable peeler, pare thin shavings from Parmesan and scatter over risotto together with chives.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Keep your sense of humour alive. A sad bid for lenience will fail. You won't want to resolve a disturbance.

TAURUS
APRIL 21-MAY 21
A message will weaken your resistance. You'll find that insecurity has its rewards. A buddy shares his awareness of the facts.

GEMINI
MAY 22-JUNE 21
Enjoy your freedom with a clear mind. Brush up on protocol before visiting a superior person. Good luck will be celebrated by a family.

CANCER
JUNE 22-JULY 22
A dignified person wins over a loser. Climb out of a comfy rut if you want to get ahead. An opponent makes lousy decisions.

LEO
JULY 23-AUG 23
A concerned friend will speak carefully. Don't bore yourself by brooding. You'll waste time with the wrong people.

VIRGO
AUG 24-SEPT 22
A shy person has an unshakable defence system. A needy guy gets a boost by a great job offer. Be ready to give something away.

LIBRA
SEPT 23-OCT 23
A foreigner inspires a happy moment. Focus your energy on warmth and tenderness. You shouldn't know about certain troubles.

SCORPIO
OCT 24-NOV 22
A rule-breaker creates an excellent state of affairs. An irrational scheme shouldn't be shared. You will have second thoughts.

SAGITTARIUS
NOV 23-DEC 21
You'll be magnanimous with outsiders. A craving for faithfulness creates discord. Weird noises cause a ridiculous ego clash.

CAPRICORN
DEC 22-JAN 20
An elder inadvertently helps a bad guy. Glad tidings make dreams come true. A wonderful fantasy causes a revolution.

AQUARIUS
JAN 21-FEB 18
You'll smile at an unexpected moment. An admirer is interested in your goals. Your motivation becomes strong and mighty.

PISCES
FEB 19-MARCH 20
A senior's warning goes unheeded. A parent has an earth-shaking surprise. A younger person's influence will please you.

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